

**TABLE 1. CALCIUM – RICH FOODS**

<b>Milk</b>	<b>Amount</b>	<b>Calcium Mill.</b>	<b>Fat (grams)</b>	<b>Calories</b>
Whole	8 oz.	288	8	150
Milk 1%	8 oz.	300	2.6	102
Milk 2%	8 oz.	297	4.7	121
Skim	8 oz.	302	0.4	86
<b>Yogurt</b>				
Plain fat-free	8 oz.	452	0.4	127
Plain low-fat	8 oz.	415	3.5	144
Fruit low-fat	8 oz.	314	2.6	225
<b>CHEESE</b>				
American	1 oz.	124	8.9	106
Cheddar	1 oz.	204	9.4	114
Cottage, 1% low-fat	1 cup	138	2.3	164
Mozzarella, part- skim	1 oz.	147	6.1	80
Muenster	1 oz.	203	8.5	104
Parmesan, crated	1 tbsp.	69	1.5	23
Ricotta, part-skim	½ cup	337	9.8	171
Ricotta, whole milk	½ cup	257	16.1	216
<b>ICE CREAM</b>				
Vanilla, 10% fat	1 cup	176	14.3	269
Vanilla, 16% fat	1 cup	151	23.7	349
Orange sherbet	1 cup	103	3.8	270
Vanilla Ice Milk, hard	1 cup	176	5.6	184
Vanilla Ice Milk, soft serve	1 cup	274	4.6	223
<b>SEAFOOD</b>				
Oysters, raw	12	76	4.2	116
Sardines with bones, canned	4	184	5.6	100
Pink Salmon with bones, can	3 oz.	181	5.1	118
Shrimp, can, drained	3 oz.	50	1.7	102
<b>VEGETABLES</b>				
Bok choy, (Chinese Cabb) raw	1 cup	74	0	9
Broccoli, fresh, cooked	1 cup	178	0.4	46
Broccoli, frozen, cooked	1 cup	94	0.2	50
Soybeans, mature, boiled	1 cup	175	15.4	298
Collards, fresh, cooked	1 cup	148	0.3	27
Turnip greens, fresh, cooked	1 cup	198	0.4	30
<b>OTHERS</b>				
Tofu	1 cup	260	11.8	366
Orange	1	56	0.1	65
Almonds	1 oz.	80	14.7	167
Calcium-enriched orange juice	8 oz.	300	0	120

Recommended Dietary Allowance

Age 14-18 1300mg per day

Age 19-50 1000mg per day

Age 50 and over, pregnant and breastfeeding patients 1200mg per day