

DIETARY CALCIUM SOURCES

Food Type	Serving Amount	I Eat This Food:		mg Ca/ Serving	mg Ca/Day (Investigator Use Only)
		Every Week Write #	Every Day Write N		
Milk—whole, 2% skim	1 cup			300	
Cheese food/spread	1 oz.			150	
Cheese sauce	1/4 cup			150	
American cheese	1 slice			150	
Cottage cheese	1 cup			150	
Ricotta cheese	1/2 cup			250	
Blue cheese	1/2 cup			150	
Natural cheese (no cream cheese), cheddar cheese, swiss, mozzarella, etc.	1 oz.			200	
Buttermilk	1 cup			285	
Yogurt, flavored/ plain	1 cup			300	
Fast food milkshake				450	
Cocoa from mix	1 pkt			165	
Eggnog	1 cup			330	
Chocolate milk	1 cup			280	
Macaroni & cheese, cheese souffle, lasagna, quiche, cannelloni, pizza	1 serv.			250	
Cream soup/chowder with milk	1 cup			180	
Almonds	1/3 cup			115	
Broccoli	1 cup			180	
Beet greens/spinach	1/2 cup			85	
Baked beans	1 cup			160	
Figs	5 dried			100	
Scalloped potatoes	1 cup			140	
Soy: beans 1 C tofu	1/2 cup			150	
Bread—white/whole grain	1 slice			30	
Waffle or pancake	1 large			120	
Muffins, biscuit, cornbread	1 med.			50	
Rolls, buns	1/2			40	
Egg McMuffin	1			225	
Fast food cheeseburger/hamburger	1			130	
Enchilada/bean burrito	1			110	
Creamed fish & meats	1 cup			125	
Shellfish, cooked	4 oz.			130	
Canned salmon w/bones	1/2 cup			200	
Sardines/smelts/herring	1/2 cup			200	
Fudgeside	1			100	
Custard pie	1 slice			125	
Ice cream/ice milk	1 cup			175	
Pudding w/milk	1/2 cup			190	
Frozen yogurt	1 cup			200	
Evaporated milk	1/2 cup			300	
Slender bars/instant breakfast	1 serv.			215	
CALCIUM FROM DAILY VITAMIN SUPPLEMENT					
					100
ESTIMATED DAILY DIETARY CALCIUM INTAKE					