

Calcium Counter

Shoot for 1,000 to 1,200 milligrams of calcium a day from foods and supplements combined. Here's what's in some popular calcium-rich foods...and a few foods with less calcium than you might think.

Food	Calcium (mg)
Dunkin' latte, almondmilk (<i>medium</i>)	530*
Lactaid Calcium Enriched Milk (<i>1 cup</i>)	500*
Silk Original Almond or Soymilk (<i>1 cup</i>)	450*
Silk Original Protein (<i>1 cup</i>)	450*
Starbucks latte, 2% milk (<i>grande</i>)	430†
Dunkin' latte, oatmilk (<i>medium</i>)	380*
Fairlife ultra-filtered milk (<i>1 cup</i>)	380
Oatly Oatmilk (<i>1 cup</i>)	350*
Orange juice with calcium (<i>1 cup</i>)	350*
Dairy milk (<i>1 cup</i>)	300
Silk Organic Unsweet Soymilk (<i>1 cup</i>)	300*
Swiss cheese (<i>1 oz.</i>)	250
Yogurt, plain, nonfat or lowfat (<i>5.3 oz.</i>)	250
Starbucks cappuccino, 2% milk (<i>tall</i>)	210†
Cheddar or mozzarella cheese (<i>1 oz.</i>)	200
Salmon, canned with bones (<i>3 oz.</i>)	200
Sardines, canned with bones (<i>3 oz.</i>)	200
Greek yogurt, plain, 0% or 2% (<i>5.3 oz.</i>)	170
Ricotta cheese, part-skim (<i>¼ cup</i>)	170
Greek yogurt, fruit, 0% or 2% (<i>5.3 oz.</i>)	140
Cheerios (<i>1½ cups</i>)	130*
Tofu, firm or extra-firm (<i>3 oz.</i>)	130*
Frozen yogurt (<i>⅔ cup</i>)	120
Cottage cheese, 2% (<i>½ cup</i>)	100
Ice cream (<i>⅔ cup</i>)	100
Mozzarella, fresh (<i>1 oz.</i>)	100
Kale (<i>½ cup cooked</i>)	90
Bok choy (<i>½ cup cooked</i>)	80
Feta cheese (<i>1 oz.</i>)	70
Edamame, shelled (<i>½ cup cooked</i>)	50
Cream cheese (<i>2 Tbs.</i>)	40
Goat cheese, soft (<i>1 oz.</i>)	40
Broccoli (<i>½ cup cooked</i>)	30

* Contains added calcium. † Estimate.

Sources: USDA and company information.

