



www.chwhospital.com

COMMUNITY HOSPITALS AND WELLNESS CENTERS

433 W. High St. Bryan, OH 43506-1679 Ph (419)636-1131 Fax (419)636-3100
 121 Westfield Drive Archbold, OH 43502-1061 Ph (419)445-4415 Fax (419)445-4418
 909 E. Snyder Ave. Montpelier, OH 43543-1271 Ph (419)485-3154 Fax (419)485-3833

FOODS HIGH IN CALCIUM

FOOD	AMOUNT	Mg. of calcium
Cottage Cheese	½ cup	100
Processed cheddar cheese	1 oz.	191
Chocolate	1 oz.	61
Egg	1	26
Dried Apricots	½ cup	40
Figs, raw	3 small	62
Grapefruit	½ med.	41
Orange	1 med.	51
Rhubarb, cooked	½ cup	56
Half & Half	1 Tbsp.	16
Ice Cream	½ cup	87
Milk	1 cup	300
Molasses	1 Tbsp.	33
Sardines, solids drained	3 oz.	375
Beet greens	½ cup	72
Broccoli	½ cup	68
Chard	½ cup	64
Collards	½ cup	150
Cress	½ cup	41
Dandelion	½ cup	73
Kale	½ cup	103
Mustard greens	½ cup	95
Spinach	½ cup	83
Sweet Potato	1 med.	47
Turnip greens	½ cup	133
Red kidney beans	½ cup	35
Soybeans, cooked	½ cup	65
Salmon, pink, canned	3 oz.	167
Clams or oysters	½ cup	113
Shrimp	3 oz.	98

Calcium Requirements

Age	Calcium Requirement in milligrams
1-3 years	500
4-8 years	800
9-12 years	1300
13-18 years	1300
19-50	1000
50 + years	1200

Calcium toxicity > 2500 milligrams of calcium/day