

CALCIUM

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Sardines	371 mg/3 Oz.
Macaroni & cheese	362 mg/8 oz. cup
Non-fat milk	302 mg/8 ox. cup
Lowfat yogurt	300 mg/8 oz. cup
Lowfat milk	297 mg/8 oz. cup
Swiss cheese	272 mg/0z.
Mozzarella and Ricotta cheese	200 mg/oz.
Kale (frozen, cooked)	179 mg/8 oz. cup
Ice cream	176 mg/8 oz. cup
American cheese	174 mg/oz.
Salmon	167 mg/3 oz.
Cottage cheese	155 mg/8oz. cup
Shrimp	98 mg/3 oz.
Beans (dried, cooked)	90 mg/8 oz. cup
Broccoli	72 mg/1 spear

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- Calcium carbonate Cheapest, often a good first choice. Should be taken with food.
- Calcium citrate Is easily absorbed; can be taken with or without food
- Calcium lactate
- Calcium gluconate