

Calcium and Vitamin D Rich Foods

Calcium in Foods (Source: USDA)	Calcium (mg)
Dairy Products	
Milk, any (8oz)	300
Yogurt (6-8oz)	200-400
Ricotta cheese (1/2 cup)	250-330
Cheese (1 oz)	120-205
Cottage Cheese (1/2 cup)	105-115
Frozen yogurt or ice cream (1/2 cup)	75-105
Fruits and Vegetables	
Orange juice, fortified (1 cup)	300
Collards or spinach (1/2 cup cooked)	145-175
Figs, dried (2)	60
Orange	50
Broccoli (1/2 cup, cooked)	30
Other Foods	
Cereal, fortified (1 cup)	1000
Sardines (canned, oz)	325
Soy, almond, or rice milk, fortified (1 cup)	300
Salmon (canned, 3 oz)	180
Tofu (3-4 oz)	130-160
Pizza (slice)	120
Almonds (1 oz, 24 nuts)	75
Dry beans (canned, 1/2 cup)	25-95
Bread (slice)	10-40

Vitamin D in Foods (Source: USDA)	Vitamin D (IU)
Salmon, trout (3 oz)	450-645
Mushrooms, Portobello (3 oz)	400
Tuna, Halibut, flatfish, herring, sardines (3 oz)	70-220
Milk, fortified (1 cup)	100-130
Cereal, fortified (1 cup)	100
Fortified soy or rice milk, or orange juice (1 cup)	100
Pork (3 oz)	88
Egg (whole or yolk)	40-50

On The Menu:

Pork Marsala



Yogurt Parfait



Through in Some Exercise:

