



Plain Yogurt: 175 mL (3/4 cup)

270 mg
OF CALCIUM

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Kefir: 250 mL (1 cup)

270 mg
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Tofu (made with calcium): 85 g (3 oz)

170 mg
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Oatmeal (cooked, made with milk): 250 mL (1 cup)

190 mg
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Cottage Cheese: 250 mL (1 cup)

150 mg
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Pancakes: 1 large or 2 small (80 g)

170 mg
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Kale (cooked): 125 mL (1/2 cup)

50 mg
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Blackberries: 250 mL (1 cup)

40 mg
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Cream Soup (made with milk) : 250 mL (1 cup)

200 mg
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2 Slices Whole Grain/Wheat Bread: 70 g

50 mg
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Banana: 1 medium

10 mg
OF CALCIUM

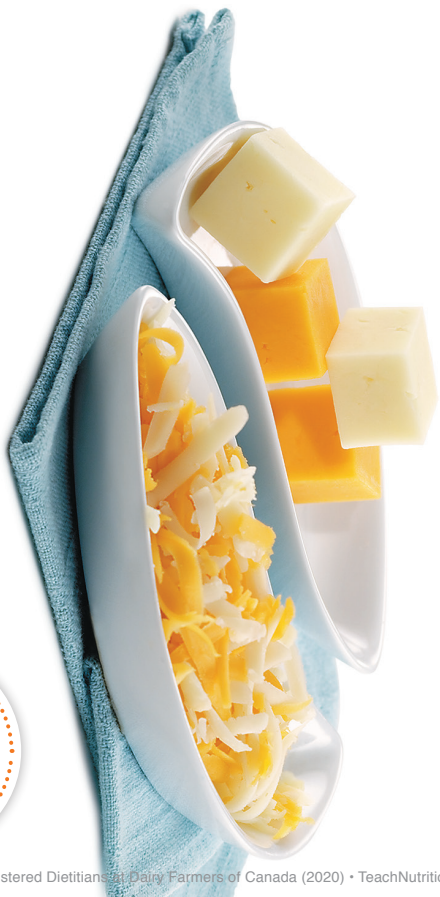
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Hummus: 30 mL (2 tbsp)

10 mg
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Cheddar Cheese: 50 g (1.5 oz)

340 mg
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1/2 piece Naan Bread: 85 g

75 mg
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Broccoli (cooked): 125 mL (1/2 cup)

30 mg
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Almonds: 60 mL (1/4 cup)

100 mg
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Mozzarella Cheese: 50 g (1.5 oz)

290 mg
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1 Whole Wheat Bagel: 105 g

50 mg
OF CALCIUM

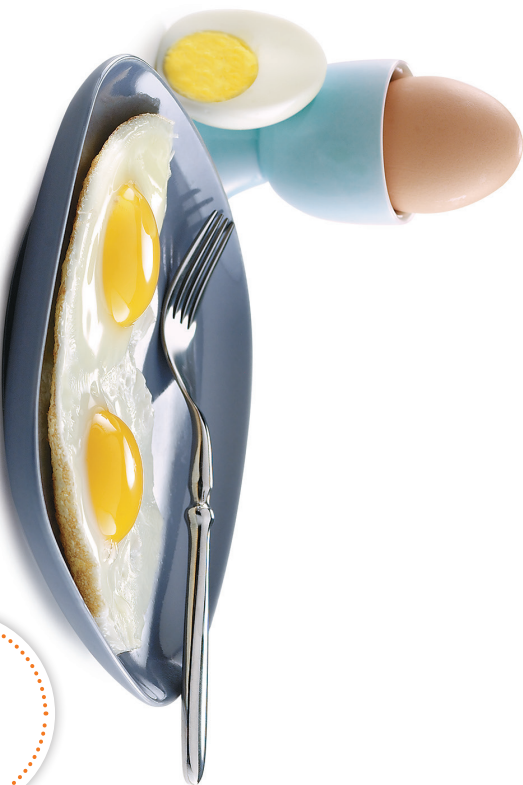
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Carrots: 125 mL (1/2 cup)

40 mg
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Eggs (cooked) : 2 large

50 mg
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Milk: 250 mL (1 cup)

300 mg
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Lentils (cooked): 250 mL (1 cup)

40 mg
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Bok Choy (cooked): 125 mL (1/2 cup)

80 mg
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Salmon (canned with bones): 75 g (1/3 can)

200 mg
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Eggplant (cooked) : 250 mL (1 cup)

10 mg
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Edamame (cooked) : 125 mL (1/2 cup)

140 mg
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Apple: 1 medium

10 mg
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Kidney Beans (cooked) : 125 mL (1/2 cup)

25 mg
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Orange: 1 small

40 mg
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1/2 an Avocado: 75 g

5 mg
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Red Onion: 250 mL (1 cup)

40 mg
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Red Pepper: 250 mL (1 cup)

10 mg
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Sardines (canned with bones) : 92 g (1 can)

350 mg
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Chick Peas (cooked) : 125 mL (1/2 cup)

40 mg
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Powdered Milk: 75 mL (1/3 cup) (of powder)

300 mg
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1 Whole Wheat Pita Bread: 60 g

10 mg
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