



**MAGNOLIA
WOMEN'S
HEALTH**

Julie A. Keeler, MSN, WHNP

1100 Holly Springs Rd, Ste 212

Holly Springs, NC 27540

Phone: (919) 552-1457

Fax: (919) 552-1369

Calcium Rich Food List

<u>Food</u>	<u>Portion</u>	<u>Calcium (mg)</u>
Swiss cheese	2 oz	544
Yogurt, skim milk	1 cup	452
Provolone cheese	2 oz	428
Monterey Jack cheese	2 oz	424
Cheddar cheese	2 oz	408
Muenster cheese	2 oz	406
Colby cheese	2 oz	388
Sardines	2 oz	371
Mozzarella cheese	2 oz	366
American cheese	2 oz	348
Milk, skim	1 cup	302
Buttermilk	1 cup	285
Salmon	3 oz	274
Broccoli, cooked	1 md stalk	158
Pizza, cheese	1 slice	144
Molasses	1 tbsp	137
Collards, cooked	½ cup	132
Tofu	3 oz	109
Kale, cooked	½ cup	103