

1,500 mg minus the food you eat = _____ mg pills you need to take.
Citracal with Vitamin D 2 tablets = 630mg of calcium.

	Amount of food	Amount of Calcium mg	Calories
Dairy products			
Low-fat plain fortified			
Yogurt	1c.	415	145
Part-skim ricotta cheese	1/2c.	335	170
Low-fat mild (2%)	1c.	300	120
Whole milk	1c.	290	150
Buttermilk	1c.	285	90
Vanilla soft-serve			
Ice milk	1/2c.	275	110
Swiss cheese	1oz	270	105
Cheddar cheese	1oz	210	110
American cheese	1oz.	175	105
Vanilla soft-serve			
Ice cream	1/2c.	170	160
Vanilla ice cream	1/2c.	100	140
Low-fat cottage cheese	1/2c.	75	90
Cream cheese	2 Tbsp.	20	100
Coffee cream	1 Tbsp.	15	30
Protein foods			
Sardines with bones	3oz.	370	170
Canned salmon with bones	3oz.	165	105
Processed tofu w/calcium sulfate	4oz.	145	70
Canned shrimp	3oz.	100	100
Cooked lentils	1c.	75	315
Almonds	12-15	40	90
Egg	1 Large	30	90
Peanut butter	2 Tbsp	20	180
Hamburger patty	3oz.	10	225
Chicken	3oz.	10	140
Tuna	3oz.	5	110
Combination foods			
Cheese pizza (14-in.pie)	¼	330	450
Macaroni and cheese	½ c.	180	220
Cream of tomato soup	1c.	170	160
Taco with cheese	1	175	190
Chili with beans	1c	90	460
Baked beans	1/2c.	70	150
Fruits and Vegetables			
Collard greens	1/2c.	180	30
Spinach	1/2c	85	20
Broccoli	1/2c.	70	25
Orange	1 medium	55	70
Green beans	1/2c.	30	15
Lettuce	1/6 head	15	10
Orange juice	1/2c.	10	55
Apple	1 medium	10	85
Grains			
Whole wheat bread	1 slice	20	70
Cooked spaghetti	1c.	15	215
Cooked rice	1/2c.	10	80
Miscellaneous			
Blackstrap molasses	1 Tbsp.	132	48
Milk chocolate bar	1 oz.	65	145
Mayonnaise	1 Tbsp.	5	100
Butter	1 tsp.	1	35
Cola soft drink	1c.	0	100
Sugar	1 tsp.	0	15