

Calcium Calculator

Instructions: Think about what you ate for breakfast, lunch, dinner, and snacks yesterday. Look at the list of foods below. Circle the stars beside foods you ate yesterday (or on a typical day). Be sure to look at the serving size beside the food. If you ate more than the amount listed, draw extra stars in the "Extra Stars" column. If you ate less than the amount listed, do not circle all of the stars beside the food. Next, count the total number of stars you circled and drew in the "Extra Stars" column. Use the key on the third page to check your results.

Note: One star equals about 100 milligrams of calcium.

Extra Stars	Serving Size	Milligrams
Dairy Foods		
non-fat dry milk, either stirred into food, or reconstituted with water	1/4 cup dry	377
* ★ ★ ricotta cheese, part skim milk	1/2 cup	337
* ★ ★ yogurt	6 ounces	280
* ★ ★ milk shake	10 ounces	320
***milk	1 cup	300
* ★ ★ buttermilk	1 cup	285
★★★ chocolate milk	1 cup	280
★ ★ natural cheese	1 ounce	200
★★ processed cheese	1-ounce slice	150
★ cottage cheese, 1 percent fat	1/2 cup	69
<u></u> ice cream, soft serve	1/2 cup	125
★ hot cocoa mix (made with water)	3/4 cup	105
pudding	4 ounces	102
milk, condensed, sweetened, canned	2 tablespoons	100
	2 tablespoons	93
★ ice cream	1/2 cup	90
★ milk, evaporated, canned	2 tablespoons	80
cream cheese	2 tablespoons	20
sour cream	1 tablespoon	14
butter	1 tablespoon	2



Mixed Dishes	Extra Stars		Serving Size	<u>Milligrams</u>
bread and 2 ounces processed American cheese		Mixed Dishes		
American cheese) * * taco with cheese		★★★ grilled cheese sandwich (2 slices	1	340
★ * taco with cheese small, 6 ounces 221 ★ * pizza 1/4 of 12 inch 220 ★ * enchilada with cheese 1 218 ★ * waffle 1 191 ★ * cream soup, prepared with milk 1 cup 185 ★ * tostada 1 181 ★ * lasagna 1 cup 150 ★ pancakes 2 128 ★ macaroni and cheese 1 cup 120 ★ potatoes au gratin 1/2 cup 102 Non-dairy Foods ★ * sardines, canned with bones 2 ounces 250 ★ salmon, canned with bones 3 ounces 196 ★ collard greens, frozen, boiled 1/2 cup 179 ★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup		bread and 2 ounces processed		
★ pizza 1/4 of 12 inch 220 ★ enchilada with cheese 1 218 ★ waffle 1 191 ★ cream soup, prepared with milk 1 cup 185 ★ tostada 1 181 ★ lasagna 1 cup 150 ★ pancakes 2 128 ★ macaroni and cheese 1 cup 120 ★ potatoes au gratin 1/2 cup 102 Non-dairy Foods 1/2 cup 102 ★ sardines, canned with bones 2 ounces 250 ★ salmon, canned with bones 3 ounces 196 ★ collard greens, frozen, boiled 1/2 cup 179 ★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup 300 ★ * energy bars* 1 cup		American cheese)		
★ * enchilada with cheese 1 218 ★ * waffle 1 191 ★ * cream soup, prepared with milk 1 cup 185 ★ * tostada 1 181 ★ * lasagna 1 cup 150 ★ pancakes 2 128 ★ macaroni and cheese 1 cup 120 ★ potatoes au gratin 1/2 cup 102 Non-dairy Foods ★ * sardines, canned with bones 2 ounces 250 ★ * salmon, canned with bones 3 ounces 196 ★ * collard greens, frozen, boiled 1/2 cup 179 ★ * molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup 300 ★ * orange juice, fortified 3/4 cup 260		★ taco with cheese	small, 6 ounces	221
★ * waffle 1 191 ★ * cream soup, prepared with milk 1 cup 185 ★ * tostada 1 181 ★ * lasagna 1 cup 150 ★ pancakes 2 128 ★ macaroni and cheese 1 cup 120 ★ potatoes au gratin ½ cup 102 Non-dairy Foods ★ * sardines, canned with bones 2 ounces 250 ★ * salmon, canned with bones 3 ounces 196 ★ * collard greens, frozen, boiled ½ cup 179 ★ * molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium ½ cup 134 ★ turnip greens ½ cup 125 ★ kale, frozen, boiled ½ cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked ½ cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup 300 ★ * energy bars* 1 300 ★ * orange juice, fortified 3/4 cup 260		★ ★ pizza	1/4 of 12 inch	220
★ ** cream soup, prepared with milk 1 cup 185 ★ ** tostada 1 up 150 ★ pancakes 2 128 ★ macaroni and cheese 1 cup 120 ★ potatoes au gratin ½ cup 102 Non-dairy Foods ★ ** sardines, canned with bones 2 ounces 250 ★ ** salmon, canned with bones 3 ounces 196 ★ ** collard greens, frozen, boiled ½ cup 179 ★ ** molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium ⅓ cup 134 ★ turnip greens ½ cup 125 ★ kale, frozen, boiled ⅓ cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked ⅓ cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup 300 ★ * energy bars* 1 300 ★ * orange juice, fortified 3/4 cup 260		★ enchilada with cheese	1	218
★ ★ tostada 1 cup 150 ★ pancakes 2 128 ★ macaroni and cheese 1 cup 120 ★ potatoes au gratin ½ cup 102 Non-dairy Foods ★ * sardines, canned with bones 2 ounces 250 ★ salmon, canned with bones 3 ounces 196 ★ collard greens, frozen, boiled ½ cup 179 ★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium ½ cup 134 ★ turnip greens ½ cup 125 ★ kale, frozen, boiled ½ cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked ½ cup 60 ★ broccoli, frozen, boiled ½ cup 50 Fortified Foods ★ * energy bars* 1 cup 300 ★ * orange juice, fortified ¾ cup 260		★★ waffle	1	191
★ lasagna 1 cup 150 ★ pancakes 2 128 ★ macaroni and cheese 1 cup 120 ★ potatoes au gratin 1/2 cup 102 Non-dairy Foods ★ * sardines, canned with bones 2 ounces 250 ★ salmon, canned with bones 3 ounces 196 ★ collard greens, frozen, boiled 1/2 cup 179 ★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 90 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 50 Fortified Foods ★ ★ soy/rice beverages* 1 cup 300 ★ ★ orange juice, fortified 3/4 cup 260		★★ cream soup, prepared with milk	1 cup	185
★ pancakes 2 128 ★ macaroni and cheese 1 cup 120 ★ potatoes au gratin 1/2 cup 102 Non-dairy Foods ★★ sardines, canned with bones 2 ounces 250 ★★ salmon, canned with bones 3 ounces 196 ★★ collard greens, frozen, boiled 1/2 cup 179 ★★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 50 Fortified Foods ★ ★ soy/rice beverages* 1 cup 300 ★ ★ orange juice, fortified 3/4 cup 260		★ ★ tostada	1	181
★ macaroni and cheese 1 cup 120 ★ potatoes au gratin 1/2 cup 102 Non-dairy Foods ★★ sardines, canned with bones 2 ounces 250 ★★ salmon, canned with bones 3 ounces 196 ★★ collard greens, frozen, boiled 1/2 cup 179 ★★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 90 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 60 ★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup 300 ★ * orange juice, fortified 3/4 cup 260		★ ★ lasagna	1 cup	150
★ potatoes au gratin 1/2 cup 102		★ pancakes	2	128
Non-dairy Foods		macaroni and cheese	1 cup	120
**sardines, canned with bones 2 ounces 250 **salmon, canned with bones 3 ounces 196 **collard greens, frozen, boiled 1/2 cup 179 **molasses, blackstrap 1 tablespoon 172 *tofu made with calcium 1/3 cup 134 *turnip greens 1/2 cup 90 *almonds 1 ounce 79 *dry beans and dry peas, cooked 1/2 cup 60 *broccoli, frozen, boiled 1/2 cup 50 *Fortified Foods **soy/rice beverages* 1 cup 300 **corange juice, fortified 3/4 cup 260		★ potatoes au gratin	1/2 cup	102
**sardines, canned with bones 2 ounces 250 **salmon, canned with bones 3 ounces 196 **collard greens, frozen, boiled 1/2 cup 179 **molasses, blackstrap 1 tablespoon 172 *tofu made with calcium 1/3 cup 134 *turnip greens 1/2 cup 90 *almonds 1 ounce 79 *dry beans and dry peas, cooked 1/2 cup 60 *broccoli, frozen, boiled 1/2 cup 50 *Fortified Foods **soy/rice beverages* 1 cup 300 **corange juice, fortified 3/4 cup 260				
★ salmon, canned with bones 3 ounces 196 ★ collard greens, frozen, boiled 1/2 cup 179 ★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 60 ★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods 1 cup 300 ★ * soy/rice beverages* 1 cup 300 ★ * energy bars* 1 300 ★ * orange juice, fortified 3/4 cup 260		Non-dairy Foods		
★ collard greens, frozen, boiled 1/2 cup 179 ★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 60 ★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods ** ★ soy/rice beverages* 1 cup 300 * ★ energy bars* 1 300 * ↑ orange juice, fortified 3/4 cup 260		★★★ sardines, canned with bones	2 ounces	250
★ molasses, blackstrap 1 tablespoon 172 ★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 60 ★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup 300 ★ * energy bars* 1 300 ★ * orange juice, fortified 3/4 cup 260		★ salmon, canned with bones	3 ounces	196
★ tofu made with calcium 1/3 cup 134 ★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 60 ★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup 300 ★ * energy bars* 1 300 ★ * orange juice, fortified 3/4 cup 260		★★ collard greens, frozen, boiled	¹ / ₂ cup	179
★ turnip greens 1/2 cup 125 ★ kale, frozen, boiled 1/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 60 ★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods 1 cup 300 ★ ★ soy/rice beverages* 1 cup 300 ★ ★ energy bars* 1 300 3/4 cup 260		★ molasses, blackstrap	1 tablespoon	172
★ kale, frozen, boiled ¹/2 cup 90 ★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked ¹/2 cup 60 ★ broccoli, frozen, boiled ¹/2 cup 50 Fortified Foods ★ * soy/rice beverages* 1 cup 300 ★ * energy bars* 1 300 ★ * orange juice, fortified ³/4 cup 260			¹ / ₃ cup	134
★ almonds 1 ounce 79 ★ dry beans and dry peas, cooked 1/2 cup 60 ★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods ★ ★ soy/rice beverages* 1 cup 300 ★ ★ energy bars* 1 300 ★ ★ orange juice, fortified 3/4 cup 260			1/2 cup	125
★ dry beans and dry peas, cooked 1/2 cup 60 ★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods ★ ★ soy/rice beverages* 1 cup 300 ★ ★ energy bars* 1 300 ★ ★ orange juice, fortified 3/4 cup 260		★ kale, frozen, boiled	¹ / ₂ cup	90
★ broccoli, frozen, boiled 1/2 cup 50 Fortified Foods ★★★ soy/rice beverages* 1 cup 300 ★★★ energy bars* 1 300 ★★★ orange juice, fortified 3/4 cup 260		★almonds	1 ounce	79
Fortified Foods 1 cup 300 ★★★ soy/rice beverages* 1 cup 300 ★★★ energy bars* 1 300 ★★ orange juice, fortified 3/4 cup 260		★ dry beans and dry peas, cooked	1/2 cup	60
		★ broccoli, frozen, boiled	¹ / ₂ cup	50
 ★★ energy bars* ★★ orange juice, fortified 300 3/4 cup 260 		Fortified Foods		
* * orange juice, fortified 3/4 cup 260			1 cup	300
			1	300
★★★ cereals, fortified 1 serving 250+			³ / ₄ cup	260
		★★★ cereals, fortified	1 serving	250+

^{*} The serving size and milligram information for soy/rice beverages and energy bars is an average of values from several food labels.