



Nutrition Tips: Calcium

Calcium plays a vital role in maintaining strong bones and teeth, supporting muscle function, and ensuring proper nerve signaling. The USDA recommends a **daily intake of 1,200 mg**. While supplements can be useful, calcium from food sources is often better absorbed and safer. I typically advise limiting calcium from supplements to no more than 500 mg per day. Use this list to explore everyday calcium-rich foods — both dairy and non-dairy — that are simple to add to your meals.

High Calcium Foods

Dairy Sources

| | | |
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| Low-fat Yogurt | 8 ounces | 448 mg |
| Kefir, plain | 1 cup | 317 mg |
| Whole milk | 1 cup | 290 mg |
| Swiss cheese | 1/4 cup or 1 slice | 293 mg |
| Cheddar, Mozzarella | 1/4 cup, 1 slice | 230 mg |
| Whey protein isolate | 1 scoop | 200 mg |

Non-Dairy Sources

| | | |
|------------------|----------|--------|
| Almond milk | 1 cup | 450 mg |
| Tofu, raw, firm | 1/2 cup | 434 mg |
| Nettles, cooked | 1 cup | 428 mg |
| Sardines, canned | 3 ounces | 325 mg |
| Soy milk | 8 ounces | 300 mg |
| Collards, cooked | 1 cup | 268 mg |
| Edamame | 1/2 cup | 250 mg |
| Spinach, cooked | 1 cup | 245 mg |
| Salmon | 3 ounces | 241 mg |
| Almonds | 1/2 cup | 185 mg |
| Kale, cooked | 1 cup | 177mg |
| Tahini | 1 tbsp | 154 mg |