

## Dairy Forms of Calcium

*Fortified and enrich foods are foods in which calcium has been added*



Milk, fortified with vitamin A and D,  
1 cup (8oz.):

Whole = 276 mg of calcium

Reduced fat, 2% = 293 mg of calcium

Low-fat, 1% = 305 mg of calcium

Non-fat = 316 mg of calcium



Eggnog, 1 cup (8oz.) = 330 mg of calcium

Milk, dry, nonfat, instant,  
fortified with vitamin A and D,  
1/3 cup dry powder = 283 mg  
of calcium

(Makes 1 cup (8oz.)  
reconstituted milk)

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Plain yogurt:

Regular, 6 oz. = 209 mg of calcium

Low-fat, 6 oz. = 311 mg of calcium



Frozen yogurt, 1 cup = 174 mg of calcium



Cream cheese, 3 oz. = 82 mg of calcium



Ice cream, per 1 cup serving:

Vanilla = 168 mg of calcium

Chocolate = 144 mg of calcium

Strawberry = 158 mg of calcium

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Heavy whipping cream, fluid,  
1 cup = 157 mg of calcium

\*This will yield 2 cups of whipped



Sour cream, 1/2 cup = 116 mg of calcium



Ricotta cheese, part skim milk,  
1/2 cup = 337 mg of calcium



Cottage cheese, large curd, 1 cup = 174  
mg of calcium

Cottage cheese, small curd, 1 cup = 187  
mg of calcium

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American cheese slices, fortified with vitamin D, 1 oz. slice = 293 mg of calcium



American white cheese slices, fortified with vitamin D, 1 oz. slice = 293 mg of calcium



Mozzarella cheese, part skim milk, 1 oz. = 222 mg of calcium



Cheddar Cheese, 1 oz. = 201 mg of calcium

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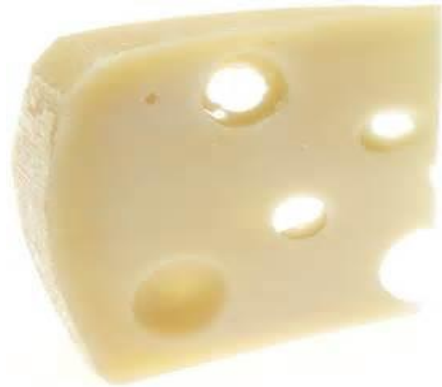
Monterey cheese, 1 oz. = 211 mg of calcium



Colby cheddar and jack cheese, 1 oz. = 211 mg of calcium



Provolone cheese, 1 oz. = 214 mg of calcium



Swiss cheese, 1 oz. = 252mg of calcium



Muenster cheese, 1 oz. = 203 mg of calcium

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## References

US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: <http://www.ars.usda.gov/nea/bhnrc/ndl>

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