

Dietary sources of calcium and vitamin D³

Food	Portion	Calcium (mg)	Vitamin D (IU)	Energy (Kcal)
Dairy products and substitutes				
Skim milk, 0% milk fat (M.F.)	250 mL (1 cup)	324	108	88
Whole milk, 3.3% M.F.	250 mL (1 cup)	291	108	155
Soy milk (enriched)	250 mL (1 cup)	318	124	85
Rice milk beverage (enriched)	250 mL (1 cup)	319	88	127
Almond milk ¹	250 mL (1 cup)	400	N/A	90
Kefir plain	175 mL	187	8	104
Plain yogurt, 1-2% M.F.	175 mL	332	N/A	114
Yogurt with fruit, 1-2% M.F.	175 mL	227	N/A	183
Ice cream (vanilla)	125 mL (1/2 cup)	97	N/A	153
Frozen yogurt (vanilla)	125 mL (1/2 cup)	109	N/A	124
Drinkable yogurt	200 mL	191	8	145
Cheddar cheese	50 g	361	4	202
Mozzarella cheese, 22.5% M.F.	50 g	269	4	141
Parmesan (grated)	15 mL (1 tbsp)	70	trace	27
Swiss cheese	50 g	396	24	190
Feta cheese	50 g	247	8	132
Goat cheese	50 g	70	8	134
Paneer cheese ¹	100 g	208	N/A	292
Margarine	5 g	0	24	34
Fruit, vegetables and juices				
Apricots	3	13	N/A	67
Broccoli (cooked)	125 mL (1/2 cup)	33	N/A	29
Spinach (cooked)	125 mL (1/2 cup)	129	N/A	22
Bok choy, pak-choy (cooked)	125 mL (1/2 cup)	84	N/A	11
Orange	1	52	N/A	62
Orange juice with calcium and vit. D ¹	250 mL (1 cup)	370	100	116
Meats and substitutes				
Salmon (keta, canned with bones)	75 g	187	200	106
Fresh salmon (farmed)	75 g	11	204	155
Sardines (in oil, drained, with bones)	1 can	405	100	220
Tuna (light, canned in water)	75 g	8	36	87
Halibut (baked or broiled)	75 g	45	144	105
Beans (baked, with pork)	175 mL	99	N/A	198
White beans (canned, not drained)	175 mL	141	N/A	227
Tofu (regular, firm or extra firm)	150 g	234	N/A	189
1 boiled egg	1 large	25	28	78
Nuts and nut butters				
Almonds (dried)	36 g	89	N/A	208
Brazil nuts (dried)	36 g	57	N/A	233
Hazelnuts (dried)	34 g	39	N/A	215
Almond butter	30 mL	88	N/A	205
Sesame butter, tahini	30 mL	130	N/A	181
Breads				
Muffin (carrot, commercial)	1	100	N/A	344
Bagel (plain)	1	53	N/A	195
Naan bread	1/2	78	N/A	192
Pita bread (white)	1	52	N/A	165