

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1000
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1000
01095	Milk, canned, condensed, sweetened	306	1 cup	869
01164	Cheese sauce, prepared from recipe	243	1 cup	756
01097	Milk, canned, evaporated, nonfat	256	1 cup	742
01037	Cheese, ricotta, part skim milk	246	1 cup	669
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	658
01036	Cheese, ricotta, whole milk	246	1 cup	509
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	483
01111	Milk shakes, thick vanilla	313	11 fl oz	457
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	452
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	423
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	415
01110	Milk shakes, thick chocolate	300	10.6 fl oz	396
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	395
14347	Shake, fast food, vanilla	333	16 fl oz	383
14346	Shake, fast food, chocolate	333	16 fl oz	376
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	357
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	348
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	345
21082	Fast foods, taco	263	1 large	339
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	339
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	339
19087	Candies, white chocolate	170	1 cup	338
01057	Eggnog	254	1 cup	330
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	326
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	325
21074	Fast foods, enchilada, with cheese	163	1 enchilada	324
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	306
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	306
06166	Sauce, homemade, white, medium	250	1 cup	295
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	292
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	291
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	290
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	288
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	285
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	284
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	283
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	280
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	279
01077	Milk, whole, 3.25% milkfat	244	1 cup	276
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	275
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	273
21078	Fast foods, nachos, with cheese	113	6-8 nachos	272
11461	Spinach, canned, drained solids	214	1 cup	272
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	270

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21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	267
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	266
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	264
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	261
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	253
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	250
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	249
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	245
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	237
11658	Spinach souffle	136	1 cup	224
01040	Cheese, swiss	28.35	1 oz	224
21082	Fast foods, taco	171	1 small	221
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	219
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	218
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	217
01035	Cheese, provolone	28.35	1 oz	214
21088	Tostada with guacamole	130.5	1 tostada	211
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	211
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	208
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	207
21033	Fast foods, sundae, hot fudge	158	1 sundae	207
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	206
01009	Cheese, cheddar	28.35	1 oz	204
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	203
01030	Cheese, muenster	28.35	1 oz	203
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	200
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	197
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	195
21083	Fast foods, taco salad	198	1-1/2 cups	192
16051	Beans, white, mature seeds, canned	262	1 cup	191
18367	Waffles, plain, prepared from recipe	75	1 waffle	191
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	189
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	189
21077	Fast foods, frijoles with cheese	167	1 cup	189
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	185
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	181
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	181
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	179
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	177
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	175
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	174
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	171
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	171
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	169
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	166

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21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	165
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	165
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	164
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	164
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	163
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	163
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	162
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	162
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	159
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	159
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	159
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	158
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	156
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	153
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	153
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	151
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	151
01004	Cheese, blue	28.35	1 oz	150
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	149
01007	Cheese, camembert	38	1 wedge	147
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	147
18327	Pie, pumpkin, prepared from recipe	155	1 piece	146
01026	Cheese, mozzarella, whole milk	28.35	1 oz	143
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	142
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	142
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	141
01019	Cheese, feta	28.35	1 oz	140
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	140
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	139
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	138
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	138
15141	Crustaceans, crab, blue, canned	135	1 cup	136
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	135
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	133
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	133
14277	Grape drink, canned	250	8 fl oz	130
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	128
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	126
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	125
16008	Beans, baked, canned, with franks	259	1 cup	124
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	123
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	123
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	122
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	120
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	120

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01013	Cheese, cottage, creamed, with fruit	226	1 cup	120
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	120
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	118
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	117
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	116
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	116
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	115
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	115
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	113
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	113
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	112
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	112
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	110
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	109
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	108
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	107
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	107
19088	Ice creams, vanilla, light	66	1/2 cup	106
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	106
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	104
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	103
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	102
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	102
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	102
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	102
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	101
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	101
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	100
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	100
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	100
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	100
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	100
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	100
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	100
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	97
18139	Cake, white, prepared from recipe without frosting	74	1 piece	96
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	96
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	95
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	94
11546	Tomato products, canned, paste, without salt added	262	1 cup	94
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	94
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	94
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	93
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	92
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	92

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19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	92
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	92
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	91
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	88
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	88
22247	Macaroni and Cheese, canned entree	252	1 cup	88
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	87
19089	Ice creams, vanilla, rich	74	1/2 cup	87
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	86
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	86
19071	Candies, carob, unsweetened	28.35	1 oz	86
19095	Ice creams, vanilla	66	1/2 cup	84
22904	Chili con carne with beans, canned entree	222	1 cup	84
18316	Pie, coconut custard, commercially prepared	104	1 piece	84
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	84
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	83
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	83
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	82
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	82
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	80
19218	Puddings, tapioca, ready-to-eat	113	4 oz	80
19061	Snacks, trail mix, tropical	140	1 cup	80
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	79
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	79
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	79
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	78
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	78
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	78
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	78
01094	Milk, buttermilk, dried	6.5	1 tbsp	77
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	77
12061	Nuts, almonds	28.35	1 oz (24 nuts)	75
21024	Fast foods, french toast sticks	141	5 sticks	75
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	74
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	74
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	73
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	73
09226	Papayas, raw	304	1 papaya	73
21023	Fast foods, french toast with butter	135	2 slices	73
09298	Raisins, seedless	145	1 cup	73
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	72
09200	Oranges, raw, all commercial varieties	180	1 cup	72
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	72
19270	Ice creams, chocolate	66	1/2 cup	72
11439	Sauerkraut, canned, solids and liquids	236	1 cup	71
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	70
21015	Fast foods, danish pastry, cheese	91	1 pastry	70

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18326	Pie, pumpkin, commercially prepared	109	1 piece	70
09087	Dates, deglet noor	178	1 cup	69
21129	Fast foods, hush puppies	78	5 pieces	69
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	69
21042	Fast foods, chili con carne	253	1 cup	68
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	68
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	68
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	67
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	67
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	66
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	66
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	65
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	65
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	64
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	64
11424	Pumpkin, canned, without salt	245	1 cup	64
18320	Pie, lemon meringue, commercially prepared	113	1 piece	63
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	63
18268	French toast, frozen, ready-to-heat	59	1 slice	63
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	63
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	63
15034	Fish, haddock, cooked, dry heat	150	1 fillet	63
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	63
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	63
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	63
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	62
09094	Figs, dried, uncooked	38	2 figs	62
16120	Soymilk, original and vanilla, unfortified	245	1 cup	61
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	61
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	60
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	60
18350	Rolls, hamburger or hotdog, plain	43	1 roll	59
19193	Puddings, rice, ready-to-eat	113.4	4 oz	59
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	58
20005	Barley, pearled, raw	200	1 cup	58
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	58
19183	Puddings, chocolate, ready-to-eat	113	4 oz	58
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	58
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	57
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	57
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	57
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	57
11655	Carrot juice, canned	236	1 cup	57
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	56
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	56
11512	Sweet potato, canned, vacuum pack	255	1 cup	56
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	56

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06094	Soup, onion, dry, mix	39	1 packet	56
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	55
01032	Cheese, parmesan, grated	5	1 tbsp	55
19201	Puddings, vanilla, ready-to-eat	113	4 oz	55
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	55
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	55
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	55
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	55
01186	Cheese, cream, fat free	15.6	1 tbsp	55
20033	Oat bran, raw	94	1 cup	55
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	54
18353	Rolls, hard (includes kaiser)	57	1 roll	54
11159	Coleslaw, home-prepared	120	1 cup	54
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	54
19080	Candies, semisweet chocolate	168	1 cup	54
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	53
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	53
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	53
18116	Cake, gingerbread, prepared from recipe	74	1 piece	53
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	53
09200	Oranges, raw, all commercial varieties	131	1 orange	52
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	52
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	52
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	52
18041	Bread, pita, white, enriched	60	6-1/2" pita	52
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	51
35142	Frybread, made with lard (Navajo)	90	5" bread	51
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	51
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	51
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	51
22401	Spaghetti with meat sauce, frozen entree	283	1 package	51
16073	Lima beans, large, mature seeds, canned	241	1 cup	51
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	50
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	50
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	50
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	50
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	50
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	50
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	50
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	49
20011	Buckwheat flour, whole-groat	120	1 cup	49
20012	Bulgur, dry	140	1 cup	49
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	49
07008	Bologna, beef and pork	56.7	2 slices	48
11205	Cucumber, with peel, raw	301	1 large	48
11143	Celery, raw	120	1 cup	48
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	48

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	48
11414	Potato salad, home-prepared	250	1 cup	48
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	47
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	47
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	46
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	46
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	46
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	46
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	46
22402	Beef Macaroni, frozen entree	240	1 package	46
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	46
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	45
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	45
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	45
11547	Tomato products, canned, puree, without salt added	250	1 cup	45
09223	Tangerine juice, canned, sweetened	249	1 cup	45
11581	Vegetables, mixed, canned, drained solids	163	1 cup	44
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	44
18023	Bread, cornbread, dry mix, prepared	60	1 piece	44
01132	Egg, whole, cooked, scrambled	61	1 large	43
14194	Cocoa mix, powder, prepared with water	206	1 serving	43
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	43
18279	Muffins, corn, commercially prepared	57	1 muffin	42
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	42
18088	Cake, angelfood, dry mix, prepared	50	1 piece	42
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	42
09042	Blackberries, raw	144	1 cup	42
19126	Candies, milk chocolate coated peanuts	40	10 pieces	42
20028	Couscous, dry	173	1 cup	42
12167	Nuts, chestnuts, european, roasted	143	1 cup	41
11090	Broccoli, raw	88	1 cup	41
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	41
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	41
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	41
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	41
20080	Wheat flour, whole-grain	120	1 cup	41
18147	Cheesecake commercially prepared	80	1 piece	41
18310	Pie, chocolate creme, commercially prepared	113	1 piece	41
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	40
19097	Sherbet, orange	74	1/2 cup	40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	40
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	40
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	40
11206	Cucumber, peeled, raw	280	1 large	39
18086	Cake, angelfood, commercially prepared	28	1 piece	39
16112	Miso	68.75	1 cup	39
15157	Mollusks, clam, mixed species, raw	85	3 oz	39
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	39

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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11308	Peas, green (includes baby and lesuer types), canned, drained soilds, unprepared	170	1 cup	39
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	39
18325	Pie, pecan, prepared from recipe	122	1 piece	39
18243	Croutons, seasoned	40	1 cup	38
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	38
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	38
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	38
18065	Bread, wheat, toasted	23	1 slice	38
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	38
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	38
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	38
14192	Cocoa mix, powder	28.35	3 heaping tsp	38
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	38
09306	Raspberries, frozen, red, sweetened	250	1 cup	38
18280	Muffins, corn, dry mix, prepared	50	1 muffin	38
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	37
18027	Bread, egg	40	1/2" slice	37
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	37
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	37
11282	Onions, raw	160	1 cup	37
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	37
11128	Carrots, canned, regular pack, drained solids	146	1 cup	37
11124	Carrots, raw	110	1 cup	36
18283	Muffins, oat bran	57	1 muffin	36
15034	Fish, haddock, cooked, dry heat	85	3 oz	36
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	36
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	36
18064	Bread, wheat	25	1 slice	36
02007	Spices, celery seed	2	1 tsp	35
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	35
22120	MORNINGSTAR FARMS Grillers Recipe Crumbles, frozen, unprepared	110	1 cup	35
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	35
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	35
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	35
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	35
15128	Fish, tuna salad	205	1 cup	35
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	34
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	34
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	34
21127	Fast foods, coleslaw	99	3/4 cup	34
09226	Papayas, raw	140	1 cup	34
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	33
07024	Frankfurter, chicken	45	1 frank	33
01143	Egg substitute, liquid	62.75	1/4 cup	33
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	33
01031	Cheese, neufchatel	28.35	1 oz	33
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	33

USDA National Nutrient Database for Standard Reference, Release 21
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09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	33
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	33
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	32
12120	Nuts, hazelnuts or filberts	28.35	1 oz	32
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	32
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	32
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	32
11549	Tomato products, canned, sauce	245	1 cup	32
11112	Cabbage, red, raw	70	1 cup	32
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	31
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	31
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	31
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	31
09302	Raspberries, raw	123	1 cup	31
01123	Egg, whole, raw, fresh	58	1 extra large	31
09294	Prune juice, canned	256	1 cup	31
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	31
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	31
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	31
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	30
20068	Tapioca, pearl, dry	152	1 cup	30
11674	Potato, baked, flesh and skin, without salt	202	1 potato	30
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	30
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	30
18075	Bread, whole-wheat, commercially prepared	28	1 slice	30
11457	Spinach, raw	30	1 cup	30
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	30
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	29
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	29
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	29
19078	Baking chocolate, unsweetened, squares	28.35	1 square	29
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	29
18319	Pie, fried pies, fruit	128	1 pie	28
18444	Pie, fried pies, cherry	128	1 pie	28
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	28
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	28
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	28
11109	Cabbage, raw	70	1 cup	28
16055	Carob flour	8	1 tbsp	28
22905	Beef stew, canned entree	232	1 cup	28
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	28
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	28
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	28
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	28
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	28
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	28

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	27
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	27
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	27
09206	Orange juice, raw	248	1 cup	27
11081	Beets, cooked, boiled, drained	170	1 cup	27
01128	Egg, whole, cooked, fried	46	1 large	27
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	27
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	27
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	27
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	27
09153	Lemon juice, canned or bottled	244	1 cup	27
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	27
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	27
11578	Vegetable juice cocktail, canned	242	1 cup	27
09316	Strawberries, raw	166	1 cup	27
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	27
01131	Egg, whole, cooked, poached	50	1 large	27
01123	Egg, whole, raw, fresh	50	1 large	27
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	26
18134	Cake, sponge, prepared from recipe	63	1 piece	26
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	26
18070	Bread, white, commercially prepared, toasted	22	1 slice	26
11213	Endive, raw	50	1 cup	26
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	26
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	26
11084	Beets, canned, drained solids	170	1 cup	26
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	26
11282	Onions, raw	110	1 whole	25
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	25
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	25
01129	Egg, whole, cooked, hard-boiled	50	1 large	25
09209	Orange juice, chilled, includes from concentrate	249	1 cup	25
09207	Orange juice, canned, unsweetened	249	1 cup	25
18324	Pie, pecan, commercially prepared	113	1 piece	25
18245	Danish pastry, cheese	71	1 danish	25
11114	Cabbage, savoy, raw	70	1 cup	25
11672	Potato pancakes	76	1 pancake	24
11540	Tomato juice, canned, with salt added	243	1 cup	24
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	24
18041	Bread, pita, white, enriched	28	4" pita	24
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	24
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	24
11124	Carrots, raw	72	1 carrot	24
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	24
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	24
02027	Spices, oregano, dried	1.5	1 tsp	24
21118	Fast foods, hotdog, plain	98	1 sandwich	24

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	23
18060	Bread, rye	32	1 slice	23
01123	Egg, whole, raw, fresh	44	1 medium	23
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	23
02010	Spices, cinnamon, ground	2.3	1 tsp	23
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	23
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	23
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	23
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	22
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	22
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	22
09404	Grapefruit juice, pink, raw	247	1 cup	22
09128	Grapefruit juice, white, raw	247	1 cup	22
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	22
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	22
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	22
11135	Cauliflower, raw	100	1 cup	22
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	22
20034	Oat bran, cooked	219	1 cup	22
11370	Potatoes, hashed brown, home-prepared	156	1 cup	22
18044	Bread, pumpernickel	32	1 slice	22
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	22
21017	Fast foods, danish pastry, fruit	94	1 pastry	22
18057	Bread, reduced-calorie, white	23	1 slice	22
18045	Bread, pumpernickel, toasted	29	1 slice	21
01125	Egg, yolk, raw, fresh	16.6	1 large	21
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	21
18090	Cake, boston cream pie, commercially prepared	92	1 piece	21
18239	Croissants, butter	57	1 croissant	21
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	21
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	21
18133	Cake, sponge, commercially prepared	30	1 shortcake	21
20125	Spaghetti, whole-wheat, cooked	140	1 cup	21
11226	Jerusalem-artichokes, raw	150	1 cup	21
09176	Mangos, raw	207	1 mango	21
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	21
21043	Fast foods, clams, breaded and fried	115	3/4 cup	21
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	21
20083	Wheat flour, white, bread, enriched	137	1 cup	21
05306	Poultry food products, ground turkey, cooked	82	1 patty	21
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	20
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	20
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	20
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	20

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	20
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	20
11253	Lettuce, green leaf, raw	56	1 cup	20
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	20
09266	Pineapple, raw, all varieties	155	1 cup	20
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	20
09326	Watermelon, raw	286	1 wedge	20
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	20
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	20
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	20
05277	Chicken, canned, meat only, with broth	142	5 oz	20
05286	Turkey and gravy, frozen	142	5-oz package	20
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	20
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	20
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	20
12142	Nuts, pecans	28.35	1 oz (20 halves)	20
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	20
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	20
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	20
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	20
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	20
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	20
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	20
11364	Potatoes, baked, skin, without salt	58	1 skin	20
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	20
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	20
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	20
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	20
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	20
20037	Rice, brown, long-grain, cooked	195	1 cup	20
21119	Fast foods, hotdog, with chili	114	1 sandwich	19
09193	Olives, ripe, canned (small-extra large)	22	5 large	19
09032	Apricots, dried, sulfured, uncooked	35	10 halves	19
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	19
18061	Bread, rye, toasted	24	1 slice	19
20110	Noodles, egg, cooked, enriched	160	1 cup	19
20084	Wheat flour, white, cake, enriched	137	1 cup	19
11961	Hearts of palm, canned	33	1 piece	19
02029	Spices, parsley, dried	1.3	1 tbsp	19
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	19
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	19
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	19
14150	Carbonated beverage, orange	372	12 fl oz	19
18220	Crackers, melba toast, plain	20	4 pieces	19
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	19

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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14157	Carbonated beverage, root beer	370	12 fl oz	19
11251	Lettuce, cos or romaine, raw	56	1 cup	18
18055	Bread, reduced-calorie, wheat	23	1 slice	18
20013	Bulgur, cooked	182	1 cup	18
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	18
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	18
09291	Plums, dried (prunes), uncooked	42	5 prunes	18
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	18
18309	Pie, cherry, prepared from recipe	180	1 piece	18
18040	Bread, oatmeal, toasted	25	1 slice	18
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	18
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	18
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	18
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	18
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	18
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	18
18039	Bread, oatmeal	27	1 slice	18
14121	Carbonated beverage, club soda	355	12 fl oz	18
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	18
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	18
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	18
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	18
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	18
18053	Bread, reduced-calorie, rye	23	1 slice	17
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	17
19015	Snacks, granola bars, hard, plain	28.35	1 bar	17
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	17
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	17
18048	Bread, raisin, toasted, enriched	24	1 slice	17
20006	Barley, pearled, cooked	157	1 cup	17
11264	Mushrooms, canned, drained solids	156	1 cup	17
18047	Bread, raisin, enriched	26	1 slice	17
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	17
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	17
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	17
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	17
11641	Squash, summer, all varieties, raw	113	1 cup	17
18005	Bagels, cinnamon-raisin	89	4" bagel	17
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	17
11445	Seaweed, kelp, raw	10	2 tbsp	17
21139	Fast foods, potato, mashed	80	1/3 cup	17
11206	Cucumber, peeled, raw	119	1 cup	17
11205	Cucumber, with peel, raw	104	1 cup	17
09176	Mangos, raw	165	1 cup	17
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	16

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	16
18151	Cookies, brownies, commercially prepared	56	1 brownie	16
09087	Dates, deglet noor	41.5	5 dates	16
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	16
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	16
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	16
11143	Celery, raw	40	1 stalk	16
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	16
20045	Rice, white, long-grain, regular, cooked	158	1 cup	16
01049	Cream, fluid, half and half	15	1 tbsp	16
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	16
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	16
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	16
18033	Bread, italian	20	1 slice	16
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	15
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	15
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	15
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	15
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	15
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	15
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	15
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	15
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	15
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	15
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	15
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	15
18214	Crackers, cheese, regular	10	10 crackers	15
09150	Lemons, raw, without peel	58	1 lemon	15
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	15
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	15
09252	Pears, raw	166	1 pear	15
11333	Peppers, sweet, green, raw	149	1 cup	15
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	15
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	15
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	15
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	15
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	15
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	15
11090	Broccoli, raw	31	1 spear	15
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	14
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	14
09181	Melons, cantaloupe, raw	160	1 cup	14
01017	Cheese, cream	14.5	1 tbsp	14
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	14

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	14
18110	Cake, fruitcake, commercially prepared	43	1 piece	14
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	14
14006	Alcoholic beverage, beer, light	354	12 fl oz	14
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	14
18308	Pie, cherry, commercially prepared	117	1 piece	14
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	14
19074	Candies, caramels	10.1	1 piece	14
11297	Parsley, raw	10	10 sprigs	14
11012	Asparagus, cooked, boiled, drained	60	4 spears	14
09055	Blueberries, frozen, sweetened	230	1 cup	14
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	14
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	14
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	14
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	14
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	14
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	13
04134	Salad dressing, home recipe, cooked	16	1 tbsp	13
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	13
18360	Taco shells, baked	13.3	1 medium	13
19353	Syrups, maple	20	1 tbsp	13
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	13
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	13
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	13
01056	Cream, sour, cultured	12	1 tbsp	13
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	13
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	13
11284	Onions, dehydrated flakes	5	1 tbsp	13
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	13
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	13
20029	Couscous, cooked	157	1 cup	13
14341	Pineapple and orange juice drink, canned	250	8 fl oz	13
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	12
19040	Snacks, popcorn, cheese-flavor	11	1 cup	12
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	12
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	12
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	12
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	12
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	12
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	12
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	12
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	12
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	12
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	12
11333	Peppers, sweet, green, raw	119	1 pepper	12
20010	Buckwheat groats, roasted, cooked	168	1 cup	12
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	12
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	12

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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18003	Bagels, egg	89	4" bagel	12
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	12
11015	Asparagus, canned, drained solids	72	4 spears	12
18229	Crackers, standard snack-type, regular	12	4 crackers	11
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	11
14142	Carbonated beverage, grape soda	372	12 fl oz	11
18177	Cookies, molasses	15	1 cookie, medium	11
11399	Potato puffs, frozen, oven-heated	79	10 puffs	11
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	11
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	11
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	11
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	11
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	11
09340	Pears, asian, raw	275	1 pear	11
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	11
14136	Carbonated beverage, ginger ale	366	12 fl oz	11
09246	Peaches, dried, sulfured, uncooked	39	3 halves	11
18302	Pie, apple, prepared from recipe	155	1 piece	11
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	11
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	11
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	11
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	11
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	11
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	11
18025	Bread, cracked-wheat	25	1 slice	11
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	11
09326	Watermelon, raw	152	1 cup	11
11001	Alfalfa seeds, sprouted, raw	33	1 cup	11
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	11
11028	Bamboo shoots, canned, drained solids	131	1 cup	10
11821	Peppers, sweet, red, raw	149	1 cup	10
01052	Cream, fluid, light whipping	15	1 tbsp	10
18306	Pie, blueberry, prepared from recipe	147	1 piece	10
18170	Cookies, fig bars	16	1 cookie	10
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	10
13348	Beef, cured, corned beef, canned	85.05	3 oz	10
09236	Peaches, raw	170	1 cup	10
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	10
09184	Melons, honeydew, raw	170	1 cup	10
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	10
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	10
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	10
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	10
11457	Spinach, raw	10	1 leaf	10
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	10
20100	Macaroni, cooked, enriched	140	1 cup	10
18120	Cake, pound, commercially prepared, butter	28	1 piece	10

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	10
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	10
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	10
01053	Cream, fluid, heavy whipping	15	1 tbsp	10
08143	Cereals, WHEATENA, cooked with water	243	1 cup	10
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	10
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	10
09184	Melons, honeydew, raw	160	1/8 melon	10
02015	Spices, curry powder	2	1 tsp	10
09206	Orange juice, raw	86	juice from 1 orange	9
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	9
18305	Pie, blueberry, commercially prepared	117	1 piece	9
15077	Fish, salmon, chinook, smoked	85.05	3 oz	9
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	9
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	9
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	9
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	9
19348	Syrups, chocolate, fudge-type	19	1 tbsp	9
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	9
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	9
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	9
18003	Bagels, egg	71	3-1/2" bagel	9
02030	Spices, pepper, black	2.1	1 tsp	9
07017	Chicken roll, light meat	56.7	2 slices	9
20113	Noodles, chinese, chow mein	45	1 cup	9
05292	Turkey patties, breaded, battered, fried	64	1 patty	9
09070	Cherries, sweet, raw	68	10 cherries	9
09050	Blueberries, raw	145	1 cup	9
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	9
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	9
19127	Candies, milk chocolate coated raisins	10	10 pieces	9
07069	Salami, cooked, beef and pork	56.7	2 slices	9
19041	Snacks, pork skins, plain	28.35	1 oz	9
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	8
11821	Peppers, sweet, red, raw	119	1 pepper	8
09003	Apples, raw, with skin	138	1 apple	8
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	8
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	8
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	8
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	8
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	8
09191	Nectarines, raw	136	1 nectarine	8
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	8
11670	Peppers, hot chili, green, raw	45	1 pepper	8
18235	Crackers, whole-wheat	16	4 crackers	8
11081	Beets, cooked, boiled, drained	50	1 beet	8
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	8

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	8
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	8
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	8
11363	Potatoes, baked, flesh, without salt	156	1 potato	8
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	8
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	8
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	8
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	8
02026	Spices, onion powder	2.1	1 tsp	8
14242	Cranberry juice cocktail, bottled	253	8 fl oz	8
09040	Bananas, raw	150	1 cup	8
09250	Peaches, frozen, sliced, sweetened	250	1 cup	8
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	7
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	7
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	7
20020	Cornmeal, whole-grain, yellow	122	1 cup	7
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	7
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	7
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	7
02009	Spices, chili powder	2.6	1 tsp	7
16097	Peanut butter, chunk style, with salt	16	1 tbsp	7
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	7
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	7
14429	Water, tap, municipal	237	8 fl oz	7
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	7
19104	Candies, fudge, vanilla with nuts	15	1 piece	7
09298	Raisins, seedless	14	1 packet	7
06174	Soup, stock, fish, home-prepared	233	1 cup	7
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	7
16098	Peanut butter, smooth style, with salt	16	1 tbsp	7
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	7
09254	Pears, canned, juice pack, solids and liquids	76	1 half	7
19411	Snacks, potato chips, plain, salted	28.35	1 oz	7
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	7
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	7
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	7
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	7
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	7
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	7
19014	Snacks, fruit leather, rolls	21	1 large	7
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	7
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	6
15111	Fish, swordfish, cooked, dry heat	106	1 piece	6
07022	Frankfurter, beef	45	1 frank	6
12104	Nuts, coconut meat, raw	45	1 piece	6

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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11819	Peppers, hot chili, red, raw	45	1 pepper	6
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	6
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	6
09181	Melons, cantaloupe, raw	69	1/8 melon	6
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	6
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	6
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	6
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	6
19422	Snacks, potato chips, reduced fat	28.35	1 oz	6
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	6
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	6
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	6
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	6
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	6
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	6
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	6
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	6
09040	Bananas, raw	118	1 banana	6
09236	Peaches, raw	98	1 peach	6
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	6
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	6
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	6
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	6
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	6
09004	Apples, raw, without skin	110	1 cup	6
11215	Garlic, raw	3	1 clove	5
09277	Plantains, raw	179	1 medium	5
09160	Lime juice, raw	38	juice of 1 lime	5
16158	Hummus, commercial	14	1 tbsp	5
11740	Broccoli, flower clusters, raw	11	1 floweret	5
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	5
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	5
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	5
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	5
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	5
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	5
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	5
19013	Snacks, fruit leather, pieces	28.35	1 oz	5
15111	Fish, swordfish, cooked, dry heat	85	3 oz	5
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	5
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	5
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	5
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	5
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	5
07023	Frankfurter, beef and pork	45	1 frank	5

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	5
20089	Wild rice, cooked	164	1 cup	5
09340	Pears, asian, raw	122	1 pear	5
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	5
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	5
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	5
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	5
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	5
09021	Apricots, raw	35	1 apricot	5
12147	Nuts, pine nuts, dried	28.35	1 oz	5
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	5
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	4
09011	Apples, dried, sulfured, uncooked	32	5 rings	4
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4
18226	Crackers, rye, wafers, plain	11	1 wafer	4
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	4
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	4
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	4
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	4
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	4
06121	Gravy, mushroom, canned	59.6	1/4 cup	4
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	4
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	4
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	4
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	4
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	4
19297	Jams and preserves	20	1 tbsp	4
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	4
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	4
09279	Plums, raw	66	1 plum	4
18232	Crackers, wheat, regular	8	4 crackers	4
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	4
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	4
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	4
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	4
02028	Spices, paprika	2.1	1 tsp	4
11677	Shallots, raw	10	1 tbsp	4
09038	Avocados, raw, California	28.35	1 oz	4
18217	Crackers, matzo, plain	28.35	1 matzo	4
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	4
11084	Beets, canned, drained solids	24	1 beet	4
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	4
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	4
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	4
11253	Lettuce, green leaf, raw	10	1 leaf	4
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	4

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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14545	Tea, herb, chamomile, brewed	178	6 fl oz	4
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	4
07064	Pork sausage, fresh, cooked	27	1 patty	4
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	4
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	4
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	4
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	3
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3
07028	Ham, sliced, extra lean	56.7	2 slices	3
07064	Pork sausage, fresh, cooked	26	2 links	3
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	3
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	3
11251	Lettuce, cos or romaine, raw	10	1 leaf	3
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	3
09152	Lemon juice, raw	47	juice of 1 lemon	3
09060	Carambola, (starfruit), raw	108	1 cup	3
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	3
11282	Onions, raw	14	1 slice	3
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	3
11960	Carrots, baby, raw	10	1 medium	3
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	3
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	3
09278	Plantains, cooked	154	1 cup	3
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	3
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	3
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	3
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	3
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	3
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	3
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	3
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	3
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	3
09316	Strawberries, raw	18	1 strawberry	3
11135	Cauliflower, raw	13	1 floweret	3
09039	Avocados, raw, Florida	28.35	1 oz	3
02055	Horseradish, prepared	5	1 tsp	3
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	3
11156	Chives, raw	3	1 tbsp	3
09060	Carambola, (starfruit), raw	91	1 fruit	3
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	3
11935	Catsup	15	1 tbsp	3
19334	Sugars, brown	3.2	1 tsp	3
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	3
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	3
14181	Chocolate syrup	18.75	1 tbsp	3
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	3
07065	Pork and beef sausage, fresh, cooked	26	2 links	3

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	3
19350	Syrups, corn, light	20	1 tbsp	3
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	3
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	3
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	3
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	3
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	3
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	2
11954	Tomatillos, raw	34	1 medium	2
19294	Fruit butters, apple	17	1 tbsp	2
01124	Egg, white, raw, fresh	33.4	1 large	2
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	2
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2
09081	Cranberry sauce, canned, sweetened	57	1 slice	2
13350	Beef, cured, dried	28.35	1 oz	2
02020	Spices, garlic powder	2.8	1 tsp	2
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	2
11955	Tomatoes, sun-dried	2	1 piece	2
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	2
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2
11260	Mushrooms, white, raw	70	1 cup	2
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2
02045	Dill weed, fresh	1	5 sprigs	2
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	2
04015	Salad dressing, russian dressing	15.3	1 tbsp	2
09316	Strawberries, raw	12	1 strawberry	2
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	2
06150	Sauce, barbecue	15.75	1 tbsp	2
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	2
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	2
07073	Sandwich spread, pork, beef	15	1 tbsp	2
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	2
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	2
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
07072	Salami, dry or hard, pork, beef	20	2 slices	2
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2
19116	Candies, marshmallows	50	1 cup	2
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	2
07027	Ham, chopped, not canned	21	2 slices	1
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1
02047	Salt, table	6	1 tsp	1
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	1

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1
12147	Nuts, pine nuts, dried	8.6	1 tbsp	1
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1
19300	Jellies	19	1 tbsp	1
19296	Honey	21	1 tbsp	1
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	1
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	1
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1
11429	Radishes, raw	4.5	1 radish	1
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1
11935	Catsup	6	1 packet	1
02048	Vinegar, cider	15	1 tbsp	1
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	1
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1
11333	Peppers, sweet, green, raw	10	1 ring	1
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	1
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1
19036	Snacks, popcorn, cakes	10	1 cake	1
19108	Candies, jellybeans	28.35	10 large	1
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	1
04133	Salad dressing, french, home recipe	14	1 tbsp	1
11943	Pimento, canned	12	1 tbsp	1
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1
19129	Syrups, table blends, pancake	20	1 tbsp	1
19034	Snacks, popcorn, air-popped	8	1 cup	1
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	1
02050	Vanilla extract	4.2	1 tsp	0
11945	Pickle relish, sweet	15	1 tbsp	0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0
01069	Cream substitute, powdered	2	1 tsp	0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
19107	Candies, hard	6	1 piece	0
20027	Cornstarch	8.064	1 tbsp	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19107	Candies, hard	3	1 small piece	0
19336	Sugars, powdered	8	1 tbsp	0

USDA National Nutrient Database for Standard Reference, Release 21
Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

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19335	Sugars, granulated	4.2	1 tsp	0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
04582	Oil, vegetable, canola	14	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
04002	Lard	12.8	1 tbsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0