

Foods that are Rich in Calcium

- American cheese
- Bok choy (Chinese cabbage)
- Broccoli
- *Carbonated beverages
- *Cereals
- Cheddar cheese
- Chicken
- *Chocolate
- Cottage cheese
- *Dried figs
- Eggs
- *Frozen yogurt
- *Fruit juice with added calcium
- Kale
- Lentils
- Milk
- Mozzarella cheese
- Nuts
- Oranges
- Parmesan cheese
- Ricotta cheese
- Salmon
- Sardines
- Seeds
- Shrimp
- Soy products
- Soymilk with added calcium
- Soybeans
- Swiss
- Tofu
- Whole grains
- *Yogurt

*These products may be high in added refined sugars. Be sure to check and compare the labels on the products that you consume to limit refined sugars in your diet.