



Plain Yogurt: 175 mL (3/4 cup)

**270 mg**  
OF CALCIUM



Tofu (made with calcium): 85 g (3 oz)

**170 mg**  
OF CALCIUM



Kefir: 250 mL (1 cup)

**270 mg**  
OF CALCIUM



Oatmeal (cooked, made with milk): 250 mL (1 cup)

**190 mg**  
OF CALCIUM



Cottage Cheese: 250 mL (1 cup)

**150 mg**  
OF CALCIUM



Kale (cooked): 125 mL (1/2 cup)

**50 mg**  
OF CALCIUM



Pancakes: 1 large or 2 small (80 g)

**170 mg**  
OF CALCIUM



Blackberries: 250 mL (1 cup)

**40 mg**  
OF CALCIUM



Cream Soup (made with milk): 250 mL (1 cup)

**200 mg**  
OF CALCIUM



Banana: 1 medium

**10 mg**  
OF CALCIUM



2 Slices Whole Grain/Wheat Bread: 70 g

**50 mg**  
OF CALCIUM



Hummus: 30 mL (2 Tbsp)

**10 mg**  
OF CALCIUM



Cheddar Cheese: 50 g (1.5 oz)

**340 mg**  
OF CALCIUM



Broccoli (cooked): 125 mL (1/2 cup)

**30 mg**  
OF CALCIUM



1/2 piece Naan Bread: 85 g

**75 mg**  
OF CALCIUM



Almonds: 60 mL (1/4 cup)

**100 mg**  
OF CALCIUM



Mozzarella Cheese: 50 g (1.5 oz)

**290 mg**  
OF CALCIUM



Carrots: 125 mL (1/2 cup)

**40 mg**  
OF CALCIUM



1 Whole Wheat Bagel: 105 g

**50 mg**  
OF CALCIUM



Eggs (cooked) : 2 large

**50 mg**  
OF CALCIUM



Milk: 250 mL (1 cup)

**300 mg**  
OF CALCIUM



Bok Choy (cooked): 125 mL (1/2 cup)

**80 mg**  
OF CALCIUM



Lentils (cooked): 250 mL (1 cup)

**40 mg**  
OF CALCIUM



Salmon (canned with bones): 75 g (1/3 can)

**200 mg**  
OF CALCIUM



Eggplant (cooked): 250 mL (1 cup)

**10 mg**  
OF CALCIUM



Apple: 1 medium

**10 mg**  
OF CALCIUM



Edamame (cooked): 125 mL (1/2 cup)

**140 mg**  
OF CALCIUM



Kidney Beans (cooked): 125 mL (1/2 cup)

**25 mg**  
OF CALCIUM



1/2 an Avocado: 75 g

**5 mg**  
OF CALCIUM



Red Pepper: 250 mL (1 cup)

**10 mg**  
OF CALCIUM



Orange: 1 small

**40 mg**  
OF CALCIUM



Red Onion: 250 mL (1 cup)

**40 mg**  
OF CALCIUM





Sardines (canned with bones): 92 g (1 can)

**350 mg**  
OF CALCIUM



Chick Peas (cooked): 125 mL (1/2 cup)

**40 mg**  
OF CALCIUM



Powdered Milk: 75 mL (1/3 cup) (of powder)

**300 mg**  
OF CALCIUM



1 Whole Wheat Pita Bread: 60 g

**10 mg**  
OF CALCIUM

DAIRY FARMERS OF CANADA  
BROUGHT TO YOU  
BY OUR DIETITIANS

.....  
For activity ideas and additional resources visit [TeachNutrition.ca](https://www.teachnutrition.ca)

DAIRY FARMERS OF CANADA  
BROUGHT TO YOU  
BY OUR DIETITIANS

.....  
For activity ideas and additional resources visit [TeachNutrition.ca](https://www.teachnutrition.ca)



DAIRY FARMERS OF CANADA  
BROUGHT TO YOU  
BY OUR DIETITIANS

.....  
For activity ideas and additional resources visit [TeachNutrition.ca](https://www.teachnutrition.ca)

DAIRY FARMERS OF CANADA  
BROUGHT TO YOU  
BY OUR DIETITIANS

.....  
For activity ideas and additional resources visit [TeachNutrition.ca](https://www.teachnutrition.ca)