Plain Yogurt: 175 mL (3/4 cup)

270 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

170 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Kefir: 250 mL (1 cup)

270 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

190 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Cottage Cheese: 250 mL (1 cup)

150 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

50 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Pancakes: 1 large or 2 small (80 g)

170 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Blackberries: 250 mL (1 cup)

40 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

200 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Banana: 1 medium

10 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

2 Slices Whole Grain/Wheat Bread: 70 g

50 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Hummus: 30 mL (2 Tbsp)

10 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Cheddar Cheese: 50 g (1.5 oz)

340 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

30 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

1/2 piece Naan Bread: 85 g

75 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Almonds: 60 mL (1/4 cup)

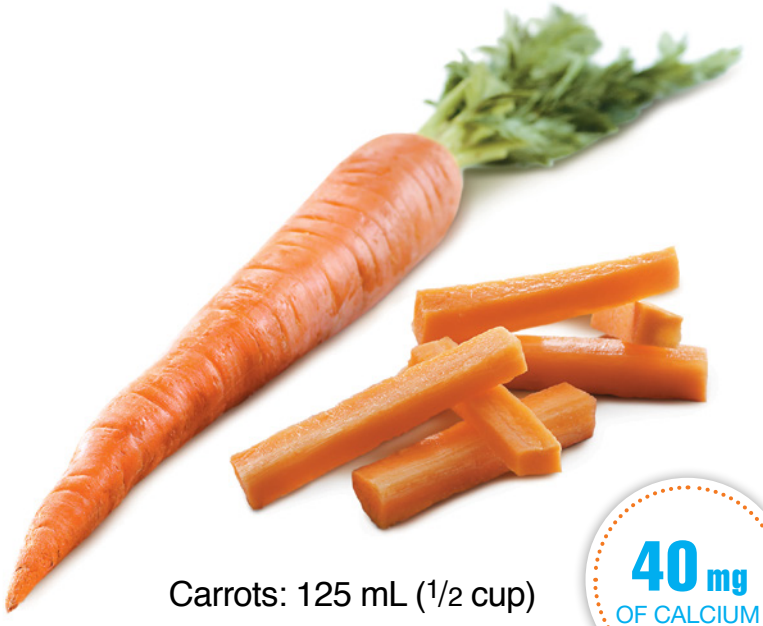
100 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Mozzarella Cheese: 50 g (1.5 oz)

290 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca



Carrots: 125 mL (1/2 cup)

40 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

1 Whole Wheat Bagel: 105 g

50 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Eggs (cooked) : 2 large

50 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Milk: 250 mL (1 cup)

300 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

80 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Lentils (cooked): 250 mL (1 cup)

40 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

200 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Eggplant (cooked): 250 mL (1 cup)

10 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Apple: 1 medium

10 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

140 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

25 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

1/2 an Avocado: 75 g

5 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Red Pepper: 250 mL (1 cup)

10 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Orange: 1 small

40 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

Red Onion: 250 mL (1 cup)

40 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

350 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

40 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

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

300 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

1 Whole Wheat Pita Bread: 60 g

10 mg OF CALCIUM

The team of Registered Dietitians at Dairy Farmers of Canada (2020) • TeachNutrition.ca

DAIRY FARMERS OF CANADA

BROUGHT TO YOU
BY OUR DIETITIANS

For activity ideas and additional resources visit TeachNutrition.ca

DAIRY FARMERS OF CANADA

BROUGHT TO YOU
BY OUR DIETITIANS

For activity ideas and additional resources visit TeachNutrition.ca

DAIRY FARMERS OF CANADA

BROUGHT TO YOU
BY OUR DIETITIANS

For activity ideas and additional resources visit TeachNutrition.ca

DAIRY FARMERS OF CANADA

BROUGHT TO YOU
BY OUR DIETITIANS

For activity ideas and additional resources visit TeachNutrition.ca