I successfully completed this goal. This is what I did:	Food Dairy Sources	Amount	Calcium (mg)	Non Dairy Food Sources	Amount	Calcium (mg)
	Plain yogurt	8 ounces	415	Tofu processed with calcium	¹ / ₂ cup	253
	Fruit yogurt	8 ounces	345	Pink salmon, canned with bones	3 ounces	181
	Natural cheese - Swiss, cheddar, mozzarella, provolone Skim milk	1 ¹ / ₂ ounces	336-305 306 210	Spinach, cooked from frozen Cooked soybeans	¹ / ₂ cup ¹ / ₂ cup	146 130
	Feta cheese	1 ¹ / ₂ ounces	210	Turnip greens, cooked from frozen	¹ / ₂ cup	124
	Non-Dairy			White beans, canned	¹ / ₂ cup	96
	Fortified ready-to-eat cereal	1 ounce	236-1043	Kale, cooked from frozen	¹ / ₂ cup	90
ame	Soy beverage	1 cup	368	Okra, cooked from	¹ / ₂ cup	88
ate	(calcium fortified)			frozen		

I successfully

completed this goal. This is what I did:

Calcium in Foods and Beverages (listed in milligrams - mg)

Calcium in 1 oods and beverages (instea in minigrams - mg)								
Food Dairy	Amount	Calcium	Non Dairy	Amount	Calcium			
Sources		(mg)	Food Sources		(mg)			
Plain yogurt	8 ounces	415	Tofu processed with	$\frac{1}{2}$ cup	253			
low-fat			calcium	-				
Fruit yogurt	8 ounces	345	Pink salmon, canned with bones	3 ounces	181			
Natural	$1\frac{1}{2}$	336-305	Spinach, cooked from	¹ / ₂ cup	146			
cheese -	ounces		frozen	· - · · · F	-			
Swiss,								
cheddar,								
mozzarella,								
provolone								
Skim milk	1 cup	306	Cooked soybeans	$\frac{1}{2}$ cup	130			
Feta cheese	1 1/2	210	Turnip greens,	$\frac{1}{2}$ cup	124			
	ounces		cooked from frozen	-				
Non-Dairy			White beans, canned	¹ / ₂ cup	96			
Fortified	1 ounce	236-1043	Kale, cooked from	$\frac{1}{2}$ cup	90			
ready-to-eat			frozen					
cereal								
Soy beverage	1 cup	368	Okra, cooked from	¹ / ₂ cup	88			
(calcium	, î		frozen	-				
fortified)								

Date _____

Name_____