

I successfully completed this goal.
This is what I did:

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

Food Dairy Sources	Amount	Calcium (mg)	Non Dairy Food Sources	Amount	Calcium (mg)
Plain yogurt	8 ounces	415	Tofu processed with calcium	½ cup	253
Fruit yogurt	8 ounces	345	Pink salmon, canned with bones	3 ounces	181
Natural cheese - Swiss, cheddar, mozzarella, provolone	1 ½ ounces	336-305	Spinach, cooked from frozen	½ cup	146
Skim milk	1 cup	306	Cooked soybeans	½ cup	130
Feta cheese	1 ½ ounces	210	Turnip greens, cooked from frozen	½ cup	124
Non-Dairy			White beans, canned	½ cup	96
Fortified ready-to-eat cereal	1 ounce	236-1043	Kale, cooked from frozen	½ cup	90
Soy beverage (calcium fortified)	1 cup	368	Okra, cooked from frozen	½ cup	88

Name _____

Date _____

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

Food Dairy Sources	Amount	Calcium (mg)	Non Dairy Food Sources	Amount	Calcium (mg)
Plain yogurt low-fat	8 ounces	415	Tofu processed with calcium	½ cup	253
Fruit yogurt	8 ounces	345	Pink salmon, canned with bones	3 ounces	181
Natural cheese - Swiss, cheddar, mozzarella, provolone	1 ½ ounces	336-305	Spinach, cooked from frozen	½ cup	146
Skim milk	1 cup	306	Cooked soybeans	½ cup	130
Feta cheese	1 ½ ounces	210	Turnip greens, cooked from frozen	½ cup	124
Non-Dairy			White beans, canned	½ cup	96
Fortified ready-to-eat cereal	1 ounce	236-1043	Kale, cooked from frozen	½ cup	90
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