

Calcium counts

A minimum of 1,000 mg of calcium-rich foods is required daily to ensure bone health. Here's a list of some common calcium-rich foods to include in your daily diet.

Calcium-rich food	Serving size	Calcium content
Yogourt, plain, low-fat	8 oz (227 g)	452 mg
Sardines, canned, with bone	3 oz (85 g)	325 mg
Soybeans, green, cooked (edamame beans)	1 cup (180 g)	261 mg
Spinach, cooked	1 cup (180 g)	245 mg
Beans, white, canned	1 cup (262 g)	191 mg
Salmon, canned, with bone	3 oz (85 g)	181 mg
Kale, fresh, cooked	1 cup (130 g)	179 mg
Molasses, blackstrap	1 Tbsp (20 g)	172 mg
Beet greens, cooked	1 cup (144 g)	164 mg
Chinese cabbage (pak-choi)	1 cup (170 g)	158 mg
Dandelion greens	1 cup (105 g)	147 mg
Tofu, firm	1/4 block (81 g)	131 mg
Sesame tahini	2 Tbsp (30 g)	128 mg