

Calcium-rich Foods

BoneHealth4Women.ca

Food	Amount	milligrams per amount*
Beverages		
Cow's milk (fluid, powdered reconstituted, chocolate)	250 mL (1 cup)	300
Cow's milk (evaporated, canned)	125 mL (1/2 cup)	330
Fortified/enriched soy and rice beverages	250 mL (1 cup)	300
Fortified orange juice with calcium added	250 mL (1 cup)	300
Yogurts		
Yogurt (plain)	175 mL (3/4 cup)	300
Yogurt (flavoured)	175 mL (3/4 cup)	200
Cheeses		
Firm cheese – regular or low fat (for example: Cheddar, Swiss, Emmental, Gruyere, Marble)	50 g (4x3x3 cm) (about the size of 4 dice)	350-500
Fresh cheese – regular or low fat (Ricotta)	125 mL (1/2 cup)	350
Soft and semisoft cheese – regular or low fat (for example: Gouda, Mozzarella, Provolone, Monterey Jack, Oka, Feta, Havarti, Fontina)	50 g (4x3x3 cm) (about the size of 4 dice)	250-350
Soft and semisoft cheese – regular or low fat (Brie, Camembert)	50 g (4x3x3 cm) (about the size of 4 dice)	150
Hard cheese – grated (for example: Parmesan, Romano)	25 mL (2 Tbsp.)	115
Fresh cheese – regular or low fat (for example: Cottage cheese, Quark)	125 mL (1/2 cup)	75
Fish, Tofu & Green Vegetables		
Tofu, firm or medium firm, made with calcium (look for calcium in the ingredient list on the label)	150 g (3/4 cup)	350
Canned salmon (with the bones, drained)	1/2 can (105 g)	250
Canned sardines (with the bones, drained)	1/2 can (55 g)	200
Asian green vegetables, cooked (for example: bok choy, gai lan)	125 mL (1/2 cup)	65
Kale, cooked	125 mL (1/2 cup)	50

*Note: These are approximate values. Source: Health Canada. Canadian Nutrient File (Available at: http://205.193.93.51/cnfonline/newSearch.do?aplanguage=en_CA)

Abbreviations: mL = millilitres; g = grams; oz. = ounces; Tbsp. = tablespoon

Vitamin D-rich Foods

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Food	Amount	IU per Amount
Beverages		
Cow's milk (fluid, powdered reconstituted, chocolate)	250 mL (1 cup)	100
Cow's milk (evaporated, canned)	125 mL (1/2 cup)	100
Fortified orange juice (read the label, most orange juices do not have vitamin D added)	250 mL (1 cup)	100
Fortified/enriched soy and rice beverages	250 mL (1 cup)	90
Yogurt		
Yogurt (read the label, most yogurts do not have vitamin D added)	170 g (6 oz.)	40-80
Fish & Seafood		
Salmon: Sockeye (canned)	105 g (1/2 can, 3.7 oz.)	800
Salmon: Pink (baked or broiled)	75 g (2.5 oz.)	765
Salmon: Sockeye, Chinook (baked or broiled)	75 g (2.5 oz.)	675
Oysters: Atlantic or Pacific (baked or broiled)	75 g (2.5 oz.)	240
Halibut: Pacific or Atlantic (baked or broiled)	75 g (2.5 oz.)	145
Sardines: Atlantic (canned in oil)	53 g (1/2 can, 1.8 oz.)	45
Tuna: (canned in water or oil, drained)	60 g (1/2 can, 2.1 oz.)	25
Margarine, Eggs		
Margarine	10 mL (2 tsp.)	50
Egg yolk	1 large	25

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 (Available at: http://205.193.93.51/cnfonline/newSearch.do?aplanguage=en_CA)
 Abbreviations: mL = millilitres; g = grams; oz. = ounces; tsp. = teaspoon