

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	999.900
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	999.900
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	999.900
01095	Milk, canned, condensed, sweetened	306	1 cup	869.040
01164	Cheese sauce, prepared from recipe	243	1 cup	755.730
01097	Milk, canned, evaporated, nonfat	256	1 cup	742.400
01037	Cheese, ricotta, part skim milk	246	1 cup	669.120
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	657.720
01036	Cheese, ricotta, whole milk	246	1 cup	509.220
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	483.000
01111	Milk shakes, thick vanilla	313	11 fl oz	456.980
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	451.730
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	422.500
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	415.410
14347	Shake, fast food, vanilla	333	16 fl oz	406.260
01110	Milk shakes, thick chocolate	300	10.6 fl oz	396.000
14346	Shake, fast food, chocolate	333	16 fl oz	376.290
18031	Bread, indian (navajo) fry	160	10-1/2" bread	372.800
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	357.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	350.100
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	348.000
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	345.040
21082	Fast foods, taco	263	1 large	339.270
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	339.200
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	338.744
19087	Candies, confectioner's coating, white	170	1 cup	338.300
01057	Eggnog	254	1 cup	330.200
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	325.950
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	324.891
21074	Fast foods, enchilada, with cheese	163	1 enchilada	324.370
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	306.250
06166	Sauce, homemade, white, medium	250	1 cup	295.000
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	291.550
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	290.700
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	290.360
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	287.500
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	285.480
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	285.000
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	284.200
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	283.130
01102	Milk, chocolate, fluid, commercial,	250	1 cup	280.000
01077	Milk, whole, 3.25% milkfat	244	1 cup	275.720
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	274.670

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21078	Fast foods, nachos, with cheese	113	6-8 nachos	272.330
11461	Spinach, canned, drained solids	214	1 cup	271.780
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	270.296
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	266.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	261.000
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	252.700
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	249.280
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	244.800
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	237.350
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	232.500
11658	Spinach souffle, home-prepared	136	1 cup	229.840
01040	Cheese, swiss	28.35	1 oz	224.249
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	224.000
21082	Fast foods, taco	171	1 small	220.590
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	218.862
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	216.600
01035	Cheese, provolone	28.35	1 oz	214.326
21088	Tostada with guacamole	130.5	1 tostada	211.410
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	211.200
18031	Bread, indian (navajo) fry	90	5" bread	209.700
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	207.239
21033	Fast foods, sundae, hot fudge	158	1 sundae	206.980
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	205.860
01009	Cheese, cheddar	28.35	1 oz	204.404
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	203.350
01030	Cheese, muenster	28.35	1 oz	203.270
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	197.280
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	196.350
21083	Fast foods, taco salad	198	1-1/2 cups	192.060
16051	Beans, white, mature seeds, canned	262	1 cup	191.260
18367	Waffles, plain, prepared from recipe	75	1 waffle	191.250
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	189.240
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	189.000
21077	Fast foods, frijoles with cheese	167	1 cup	188.710
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	186.000
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	184.830
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	181.050
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	181.040
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	179.400
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	178.560
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	176.640

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	175.440
19305	Molasses, blackstrap	20	1 tbsp	172.000
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	170.980
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	164.160
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	161.850
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	161.850
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	161.595
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	159.327
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	159.140
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	159.040
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	158.720
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	158.100
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	156.492
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	155.940
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	154.800
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	154.330
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	153.470
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	152.880
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	151.200
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	150.930
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	150.700
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	150.000
01004	Cheese, blue	28.35	1 oz	149.688
01007	Cheese, camembert	38	1 wedge	147.440
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	147.000
18327	Pie, pumpkin, prepared from recipe	155	1 piece	145.700
01026	Cheese, mozzarella, whole milk	28.35	1 oz	143.168
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	141.680
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	141.000
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	140.760
01019	Cheese, feta	28.35	1 oz	139.766
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	139.650
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	138.000
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	137.860
15141	Crustaceans, crab, blue, canned	135	1 cup	136.350
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	133.280
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	133.250
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	133.200
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	131.220
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	127.600
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	127.400

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	127.000
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	126.140
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	126.000
16008	Beans, baked, canned, with franks	259	1 cup	124.320
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	123.200
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	120.360
01013	Cheese, cottage, creamed, with fruit	226	1 cup	119.780
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	118.800
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	117.810
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	117.653
21049	Entrees, pizza with cheese	63	1 slice	116.550
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	116.450
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	115.920
22247	Macaroni and Cheese, canned entree	252	1 cup	113.400
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	112.950
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	112.660
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	112.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	111.000
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	110.740
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	110.260
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	108.500
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	107.800
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	107.730
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	106.950
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	105.840
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	105.280
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	103.600
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	103.230
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	102.960
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	101.700
19183	Puddings, chocolate, ready-to-eat	113	4 oz	101.700
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	101.500
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	101.120
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	100.800
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	99.900
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	99.900
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	99.900
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	99.900
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	99.900
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	99.900
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	99.900

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	99.900
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	99.900
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	99.900
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	99.900
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	99.820
19201	Puddings, vanilla, ready-to-eat	113	4 oz	99.440
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	99.180
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	99.120
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	99.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	98.280
18139	Cake, white, prepared from recipe without frosting	74	1 piece	96.200
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	95.920
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	95.400
19218	Puddings, tapioca, ready-to-eat	113	4 oz	94.920
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	94.400
11546	Tomato products, canned, paste, without salt added	262	1 cup	94.320
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	93.600
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	93.030
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	92.450
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	91.840
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	90.240
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	88.400
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	88.200
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	88.200
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	86.700
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	86.700
19089	Ice creams, vanilla, rich	74	1/2 cup	86.580
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	86.400
19071	Candies, carob	28.35	1 oz	85.901
19095	Ice creams, vanilla	66	1/2 cup	84.480
18316	Pie, coconut custard, commercially prepared	104	1 piece	84.240
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	83.640
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	83.160
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	81.700
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	81.600
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	80.960
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	80.360
19061	Snacks, trail mix, tropical	140	1 cup	79.800
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	79.300
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	79.200

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	78.960
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	78.200
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	77.760
21024	Fast foods, french toast sticks	141	5 sticks	77.550
01094	Milk, buttermilk, dried	6.5	1 tbsp	76.960
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	76.800
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	76.560
19088	Ice creams, vanilla, light	66	1/2 cup	76.560
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	75.600
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	74.400
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	74.360
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	74.240
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	73.100
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	73.040
09226	Papayas, raw	304	1 papaya	72.960
21023	Breakfast items, french toast with butter	135	2 slices	72.900
09298	Raisins, seedless	145	1 cup	72.500
09200	Oranges, raw, all commercial varieties	180	1 cup	72.000
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	72.000
19270	Ice creams, chocolate	66	1/2 cup	71.940
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	71.820
11439	Sauerkraut, canned, solids and liquids	236	1 cup	70.800
12061	Nuts, almonds	28.35	1 oz (24 nuts)	70.308
21015	Fast foods, danish pastry, cheese	91	1 pastry	70.070
09087	Dates, deglet noor	178	1 cup	69.420
21129	Fast foods, hush puppies	78	5 pieces	68.640
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	68.500
21042	Fast foods, chili con carne	253	1 cup	68.310
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	68.160
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	67.950
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	67.200
22904	Chili con carne with beans, canned entree	222	1 cup	66.600
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	66.150
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	66.150
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	65.860
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	65.489
18326	Pie, pumpkin, commercially prepared	109	1 piece	65.400
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	65.000
21051	Entrees, pizza with pepperoni	71	1 slice	64.610
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	63.900
11424	Pumpkin, canned, without salt	245	1 cup	63.700
18320	Pie, lemon meringue, commercially prepared	113	1 piece	63.280
18268	French toast, frozen, ready-to-heat	59	1 slice	63.130

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	150	1 fillet	63.000
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	63.000
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	63.000
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	63.000
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	62.640
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	62.400
09094	Figs, dried, uncooked	38	2 figs	61.560
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	61.440
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	60.900
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	60.720
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	60.060
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	60.000
18350	Rolls, hamburger or hotdog, plain	43	1 roll	59.340
19193	Puddings, rice, ready-to-eat	113.4	4 oz	58.968
20005	Barley, pearled, raw	200	1 cup	58.000
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	57.720
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	57.500
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	57.050
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	57.000
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	56.950
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	56.700
11655	Carrot juice, canned	236	1 cup	56.640
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	56.240
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	56.160
11512	Sweetpotato, canned, vacuum pack	255	1 cup	56.100
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	56.100
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	55.890
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	55.480
01032	Cheese, parmesan, grated	5	1 tbsp	55.450
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	55.200
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	55.000
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	55.000
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	54.990
20033	Oat bran, raw	94	1 cup	54.520
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	54.210
18353	Rolls, hard (includes kaiser)	57	1 roll	54.150
11159	Coleslaw, home-prepared	120	1 cup	54.000
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	54.000
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	53.900
19080	Candies, semisweet chocolate	168	1 cup	53.760
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	53.580
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	53.130
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	52.700

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	52.540
18116	Cake, gingerbread, prepared from recipe	74	1 piece	52.540
09200	Oranges, raw, all commercial varieties	131	1 orange	52.400
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	52.140
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	51.881
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	51.850
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	51.800
18041	Bread, pita, white, enriched	60	6-1/2" pita	51.600
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	51.480
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	51.100
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	51.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	51.000
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	50.940
16073	Lima beans, large, mature seeds, canned	241	1 cup	50.610
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	50.400
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	50.190
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	50.190
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	50.180
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	50.150
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	50.100
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	49.560
20011	Buckwheat flour, whole-groat	120	1 cup	49.200
20012	Bulgur, dry	140	1 cup	49.000
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	48.600
07008	Bologna, beef and pork	56.7	2 slices	48.195
11205	Cucumber, with peel, raw	301	1 large	48.160
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	48.000
11143	Celery, raw	120	1 cup	48.000
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	47.880
11414	Potato salad, home-prepared	250	1 cup	47.500
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	47.120
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	46.800
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	46.500
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	46.440
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	46.400
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	46.360
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	46.200
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	46.200
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	45.600
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	45.600
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	45.500
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	45.500

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16112	Miso	68.75	1 cup	45.375
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	45.360
14194	Cocoa mix, powder, prepared with water	206	1 serving	45.320
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	45.100
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	45.077
11547	Tomato products, canned, puree, without salt added	250	1 cup	45.000
09223	Tangerine juice, canned, sweetened	249	1 cup	44.820
11581	Vegetables, mixed, canned, drained solids	163	1 cup	44.010
18023	Bread, cornbread, dry mix, prepared	60	1 piece	43.800
19056	Snacks, tortilla chips, plain	28.35	1 oz	43.659
01132	Egg, whole, cooked, scrambled	61	1 large	43.310
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	43.200
07024	Frankfurter, chicken	45	1 frank	42.750
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	42.500
18279	Muffins, corn, commercially prepared	57	1 muffin	42.180
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	42.120
18088	Cake, angelfood, dry mix, prepared	50	1 piece	42.000
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	42.000
09042	Blackberries, raw	144	1 cup	41.760
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	41.675
19126	Candies, milk chocolate coated peanuts	40	10 pieces	41.600
20028	Couscous, dry	173	1 cup	41.520
12167	Nuts, chestnuts, european, roasted	143	1 cup	41.470
11090	Broccoli, raw	88	1 cup	41.360
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	41.280
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	41.250
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	41.140
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	41.040
18147	Cheesecake commercially prepared	80	1 piece	40.800
20080	Wheat flour, whole-grain	120	1 cup	40.800
18310	Pie, chocolate creme, commercially prepared	113	1 piece	40.680
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	40.300
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	40.000
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	39.990
14192	Cocoa mix, powder	28.35	3 heaping tsp	39.974
19097	Sherbet, orange	74	1/2 cup	39.960
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	39.950
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	39.680
11206	Cucumber, peeled, raw	280	1 large	39.200
18086	Cake, angelfood, commercially prepared	28	1 piece	39.200
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	39.100
15157	Mollusks, clam, mixed species, raw	85	3 oz	39.100
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	39.060

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18325	Pie, pecan, prepared from recipe	122	1 piece	39.040
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	38.560
18243	Croutons, seasoned	40	1 cup	38.400
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	38.400
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	38.250
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	38.080
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	37.800
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	37.750
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	37.620
18280	Muffins, corn, dry mix, prepared	50	1 muffin	37.500
09306	Raspberries, frozen, red, sweetened	250	1 cup	37.500
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	37.400
18027	Bread, egg	40	1/2" slice	37.200
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	37.139
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	37.060
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	36.750
11128	Carrots, canned, regular pack, drained solids	146	1 cup	36.500
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupeake	36.500
11124	Carrots, raw	110	1 cup	36.300
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	36.005
18283	Muffins, oat bran	57	1 muffin	35.910
15034	Fish, haddock, cooked, dry heat	85	3 oz	35.700
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	35.560
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	35.560
02007	Spices, celery seed	2	1 tsp	35.340
11282	Onions, raw	160	1 cup	35.200
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	35.100
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	35.100
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	35.100
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	35.000
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	34.860
15128	Fish, tuna salad	205	1 cup	34.850
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	34.160
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	34.020
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	34.000
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	33.740
21127	Fast foods, coleslaw	99	3/4 cup	33.660
09226	Papayas, raw	140	1 cup	33.600
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	33.320
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	33.320
01143	Egg substitute, liquid	62.75	1/4 cup	33.258
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	33.250

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11109	Cabbage, raw	70	1 cup	32.900
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	32.660
22906	Chicken pot pie, frozen entree	217	1 small pie	32.550
18274	Muffins, blueberry, commercially prepared	57	1 muffin	32.490
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	32.400
12120	Nuts, hazelnuts or filberts	28.35	1 oz	32.319
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	32.300
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	32.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	31.960
11549	Tomato products, canned, sauce	245	1 cup	31.850
11112	Cabbage, red, raw	70	1 cup	31.500
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	31.200
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	31.185
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	30.940
09302	Raspberries, raw	123	1 cup	30.750
01123	Egg, whole, raw, fresh	58	1 extra large	30.740
09294	Prune juice, canned	256	1 cup	30.720
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	30.618
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	30.618
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	30.600
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	30.400
20068	Tapioca, pearl, dry	152	1 cup	30.400
11674	Potato, baked, flesh and skin, without salt	202	1 potato	30.300
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	30.150
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	30.000
11457	Spinach, raw	30	1 cup	29.700
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	29.520
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	29.280
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	29.280
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	29.260
01186	Cheese, cream, fat free	15.6	1 tbsp	28.860
19078	Baking chocolate, unsweetened, squares	28.35	1 square	28.634
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	28.634
02010	Spices, cinnamon, ground	2.3	1 tsp	28.244
18319	Pie, fried pies, fruit	128	1 pie	28.160
18444	Pie, fried pies, cherry	128	1 pie	28.160
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	28.080
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	28.050
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	28.050
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	28.000
16055	Carob flour	8	1 tbsp	27.840

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22905	Beef stew, canned entree	232	1 cup	27.840
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	27.783
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	27.720
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	27.720
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	27.520
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	27.500
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	27.440
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	27.300
09206	Orange juice, raw	248	1 cup	27.280
11081	Beets, cooked, boiled, drained	170	1 cup	27.200
01128	Egg, whole, cooked, fried	46	1 large	27.140
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	27.060
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	26.880
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	26.840
09153	Lemon juice, canned or bottled	244	1 cup	26.840
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	26.840
11578	Vegetable juice cocktail, canned	242	1 cup	26.620
09316	Strawberries, raw	166	1 cup	26.560
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	26.520
01131	Egg, whole, cooked, poached	50	1 large	26.500
01123	Egg, whole, raw, fresh	50	1 large	26.500
18134	Cake, sponge, prepared from recipe	63	1 piece	26.460
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	26.460
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	26.400
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	26.366
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	26.350
18064	Bread, wheat (includes wheat berry)	25	1 slice	26.250
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	26.220
18070	Bread, white, commercially prepared, toasted	22	1 slice	26.180
11213	Endive, raw	50	1 cup	26.000
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	25.840
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	25.800
11084	Beets, canned, drained solids	170	1 cup	25.500
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	25.500
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	25.200
01129	Egg, whole, cooked, hard-boiled	50	1 large	25.000
09209	Orange juice, chilled, includes from concentrate	249	1 cup	24.900
18245	Danish pastry, cheese	71	1 danish	24.850
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	24.650
11114	Cabbage, savoy, raw	70	1 cup	24.500
07017	Chicken roll, light meat	56.7	2 slices	24.381
11540	Tomato juice, canned, with salt added	243	1 cup	24.300

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11282	Onions, raw	110	1 whole	24.200
18041	Bread, pita, white, enriched	28	4" pita	24.080
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	24.000
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	23.900
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	23.800
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	23.760
11124	Carrots, raw	72	1 carrot	23.760
11399	Potato puffs, frozen, prepared	79	10 puffs	23.700
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	23.680
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	23.680
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	23.660
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	23.660
02027	Spices, oregano, dried	1.5	1 tsp	23.640
21118	Fast foods, hotdog, plain	98	1 sandwich	23.520
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	23.400
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	23.400
18060	Bread, rye	32	1 slice	23.360
01123	Egg, whole, raw, fresh	44	1 medium	23.320
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	23.220
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	23.220
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	22.950
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	22.860
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	22.770
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	22.410
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	22.400
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	22.320
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	22.320
09404	Grapefruit juice, pink, raw	247	1 cup	22.230
09128	Grapefruit juice, white, raw	247	1 cup	22.230
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	22.100
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	22.100
11135	Cauliflower, raw	100	1 cup	22.000
20034	Oat bran, cooked	219	1 cup	21.900
11370	Potatoes, hashed brown, home-prepared	156	1 cup	21.840
18044	Bread, pumpernickel	32	1 slice	21.760
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	21.690
21017	Fast foods, danish pastry, fruit	94	1 pastry	21.620
18057	Bread, reduced-calorie, white	23	1 slice	21.620
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	21.600
18045	Bread, pumpernickel, toasted	29	1 slice	21.460
01125	Egg, yolk, raw, fresh	16.6	1 large	21.414

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18360	Taco shells, baked	13.3	1 medium	21.280
01031	Cheese, neufchatel	28.35	1 oz	21.263
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	21.250
18090	Cake, boston cream pie, commercially prepared	92	1 piece	21.160
18239	Croissants, butter	57	1 croissant	21.090
20125	Spaghetti, whole-wheat, cooked	140	1 cup	21.000
11226	Jerusalem-artichokes, raw	150	1 cup	21.000
18133	Cake, sponge, commercially prepared	30	1 shortcake	21.000
21043	Fast foods, clams, breaded and fried	115	3/4 cup	20.700
09176	Mangos, raw	207	1 mango	20.700
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	20.680
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	20.680
20083	Wheat flour, white, bread, enriched	137	1 cup	20.550
05306	Poultry food products, ground turkey, cooked	82	1 patty	20.500
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	20.412
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	20.400
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	20.300
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	20.300
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	20.250
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	20.240
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	20.200
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	20.160
18075	Bread, whole-wheat, commercially prepared	28	1 slice	20.160
11253	Lettuce, green leaf, raw	56	1 cup	20.160
09266	Pineapple, raw, all varieties	155	1 cup	20.150
09326	Watermelon, raw	286	1 wedge	20.020
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	20.000
09207	Orange juice, canned, unsweetened	249	1 cup	19.920
05277	Chicken, canned, meat only, with broth	142	5 oz	19.880
05286	Turkey and gravy, frozen	142	5-oz package	19.880
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	19.880
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	19.845
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	19.845
12142	Nuts, pecans	28.35	1 oz (20 halves)	19.845
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	19.845
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	19.840
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	19.840
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	19.800
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	19.800
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	19.760
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	19.760
11364	Potatoes, baked, skin, without salt	58	1 skin	19.720

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14342	Rice beverage, RICE DREAM, canned	245	1 cup	19.600
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	19.550
20037	Rice, brown, long-grain, cooked	195	1 cup	19.500
21119	Fast foods, hotdog, with chili	114	1 sandwich	19.380
09193	Olives, ripe, canned (small-extra large)	22	5 large	19.360
09032	Apricots, dried, sulfured, uncooked	35	10 halves	19.250
18324	Pie, pecan, commercially prepared	113	1 piece	19.210
18061	Bread, rye, toasted	24	1 slice	19.200
20110	Noodles, egg, cooked, enriched	160	1 cup	19.200
20084	Wheat flour, white, cake, enriched	137	1 cup	19.180
11961	Hearts of palm, canned	33	1 piece	19.140
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	19.125
02029	Spices, parsley, dried	1.3	1 tbsp	19.084
19348	Syrups, chocolate, fudge-type	19	1 tbsp	19.000
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	18.960
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	18.960
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	18.760
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	18.750
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	18.750
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	18.720
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	18.700
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	18.600
14150	Carbonated beverage, orange	372	12 fl oz	18.600
18220	Crackers, melba toast, plain	20	4 pieces	18.600
14157	Carbonated beverage, root beer	370	12 fl oz	18.500
11251	Lettuce, cos or romaine, raw	56	1 cup	18.480
18055	Bread, reduced-calorie, wheat	23	1 slice	18.400
11672	Potato pancakes, home-prepared	76	1 pancake	18.240
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	18.200
20013	Bulgur, cooked	182	1 cup	18.200
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	18.144
09291	Plums, dried (prunes), uncooked	42	5 prunes	18.060
18309	Pie, cherry, prepared from recipe	180	1 piece	18.000
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	18.000
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	18.000
18040	Bread, oatmeal, toasted	25	1 slice	18.000
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	17.990
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	17.880
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	17.850
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	17.850
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17.850

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18039	Bread, oatmeal	27	1 slice	17.820
14121	Carbonated beverage, club soda	355	12 fl oz	17.750
14003	Alcoholic beverage, beer, regular	355	12 fl oz	17.750
14006	Alcoholic beverage, beer, light	354	12 fl oz	17.700
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	17.640
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	17.600
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	17.570
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	17.500
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	17.500
18053	Bread, reduced-calorie, rye	23	1 slice	17.480
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	17.360
19015	Snacks, granola bars, hard, plain	28.35	1 bar	17.294
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	17.294
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	17.290
18048	Bread, raisin, toasted, enriched	24	1 slice	17.280
20006	Barley, pearled, cooked	157	1 cup	17.270
18047	Bread, raisin, enriched	26	1 slice	17.160
11264	Mushrooms, canned, drained solids	156	1 cup	17.160
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	17.080
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	17.080
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	17.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	17.000
11641	Squash, summer, all varieties, raw	113	1 cup	16.950
18005	Bagels, cinnamon-raisin	89	4" bagel	16.910
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	16.870
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	16.870
11445	Seaweed, kelp, raw	10	2 tbsp	16.800
21139	Fast foods, potato, mashed	80	1/3 cup	16.800
11206	Cucumber, peeled, raw	119	1 cup	16.660
11205	Cucumber, with peel, raw	104	1 cup	16.640
09176	Mangos, raw	165	1 cup	16.500
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	16.443
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	16.380
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	16.320
18151	Cookies, brownies, commercially prepared	56	1 brownie	16.240
09087	Dates, deglet noor	41.5	5 dates	16.185
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	16.150
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	16.000
11143	Celery, raw	40	1 stalk	16.000

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	15.960
20045	Rice, white, long-grain, regular, cooked	158	1 cup	15.800
01049	Cream, fluid, half and half	15	1 tbsp	15.750
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	15.750
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	15.680
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	15.600
18033	Bread, italian	20	1 slice	15.600
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	15.480
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	15.480
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	15.370
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	15.309
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	15.309
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	15.309
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	15.309
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	15.300
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	15.300
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	15.300
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	15.240
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	15.170
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	15.136
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	15.120
18214	Crackers, cheese, regular	10	10 crackers	15.100
09150	Lemons, raw, without peel	58	1 lemon	15.080
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	15.000
09252	Pears, raw	166	1 pear	14.940
11333	Peppers, sweet, green, raw	149	1 cup	14.900
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	14.880
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	14.880
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	14.880
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	14.800
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	14.640
11090	Broccoli, raw	31	1 spear	14.570
18229	Crackers, standard snack-type, regular	12	4 crackers	14.400
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	14.400
09181	Melons, cantaloupe, raw	160	1 cup	14.400
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	14.280
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	14.200
18110	Cake, fruitcake, commercially prepared	43	1 piece	14.190
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	14.175
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	14.160
18308	Pie, cherry, commercially prepared	117	1 piece	14.040

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	13.950
19074	Candies, caramels	10.1	1 piece	13.938
01056	Cream, sour, cultured	12	1 tbsp	13.920
09055	Blueberries, frozen, sweetened	230	1 cup	13.800
11012	Asparagus, cooked, boiled, drained	60	4 spears	13.800
11297	Parsley, raw	10	10 sprigs	13.800
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	13.780
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	13.608
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	13.560
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	13.520
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	13.520
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	13.500
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	13.500
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	13.490
04134	Salad dressing, home recipe, cooked	16	1 tbsp	13.440
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	13.440
19353	Syrups, maple	20	1 tbsp	13.400
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	13.300
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	13.260
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	13.200
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	12.900
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	12.870
11284	Onions, dehydrated flakes	5	1 tbsp	12.850
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	12.758
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	12.600
20029	Couscous, cooked	157	1 cup	12.560
14341	Pineapple and orange juice drink, canned	250	8 fl oz	12.500
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	12.480
19040	Snacks, popcorn, cheese-flavor	11	1 cup	12.430
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	12.393
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	12.300
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	12.300
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	12.240
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	12.240
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	12.240
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	12.200
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	12.191
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	12.191
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	12.040
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	11.900
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	11.900
11333	Peppers, sweet, green, raw	119	1 pepper	11.900
06119	Gravy, chicken, canned	59.5	1/4 cup	11.900
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	11.900

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20010	Buckwheat groats, roasted, cooked	168	1 cup	11.760
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	11.760
01017	Cheese, cream	14.5	1 tbsp	11.600
18003	Bagels, egg	89	4" bagel	11.570
11015	Asparagus, canned, drained solids	72	4 spears	11.520
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	11.400
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	11.280
14142	Carbonated beverage, grape soda	372	12 fl oz	11.160
18177	Cookies, molasses	15	1 cookie, medium	11.100
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	11.100
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	11.057
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	11.050
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	11.050
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	11.050
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	11.040
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	11.000
09340	Pears, asian, raw	275	1 pear	11.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	10.980
09246	Peaches, dried, sulfured, uncooked	39	3 halves	10.920
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	10.850
18302	Pie, apple, prepared from recipe	155	1 piece	10.850
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	10.800
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	10.800
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	10.800
18025	Bread, cracked-wheat	25	1 slice	10.750
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	10.650
09326	Watermelon, raw	152	1 cup	10.640
11001	Alfalfa seeds, sprouted, raw	33	1 cup	10.560
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	10.500
11028	Bamboo shoots, canned, drained solids	131	1 cup	10.480
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	10.480
11821	Peppers, sweet, red, raw	149	1 cup	10.430
01052	Cream, fluid, light whipping	15	1 tbsp	10.350
18306	Pie, blueberry, prepared from recipe	147	1 piece	10.290
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	10.260
18170	Cookies, fig bars	16	1 cookie	10.240
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	10.220
13348	Beef, cured, corned beef, canned	85.05	3 oz	10.206
09236	Peaches, raw	170	1 cup	10.200
09184	Melons, honeydew, raw	170	1 cup	10.200
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	10.200
09020	Applesauce, canned, sweetened, without salt	255	1 cup	10.200
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	10.200

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	10.000
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	9.923
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	9.920
11457	Spinach, raw	10	1 leaf	9.900
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	9.800
16120	Soy milk, fluid	245	1 cup	9.800
18120	Cake, pound, commercially prepared, butter	28	1 piece	9.800
20100	Macaroni, cooked, enriched	140	1 cup	9.800
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	9.800
01053	Cream, fluid, heavy whipping	15	1 tbsp	9.750
08143	Cereals, WHEATENA, cooked with water	243	1 cup	9.720
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	9.640
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	9.639
09184	Melons, honeydew, raw	160	1/8 melon	9.600
02015	Spices, curry powder	2	1 tsp	9.560
09206	Orange juice, raw	86	juice from 1 orange	9.460
18305	Pie, blueberry, commercially prepared	117	1 piece	9.360
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	9.360
15077	Fish, salmon, chinook, smoked	85.05	3 oz	9.356
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	9.350
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	9.350
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	9.350
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	9.350
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	9.350
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	9.350
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	9.300
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	9.270
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	9.250
18003	Bagels, egg	71	3-1/2" bagel	9.230
02030	Spices, pepper, black	2.1	1 tsp	9.177
20113	Noodles, chinese, chow mein	45	1 cup	9.000
05292	Turkey patties, breaded, battered, fried	64	1 patty	8.960
09070	Cherries, sweet, raw	68	10 cherries	8.840
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	8.700
09050	Blueberries, raw	145	1 cup	8.700
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	8.640
19127	Candies, milk chocolate coated raisins	10	10 pieces	8.600
19041	Snacks, pork skins, plain	28.35	1 oz	8.505
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	8.500
16097	Peanut butter, chunk style, with salt	16	1 tbsp	8.480
11821	Peppers, sweet, red, raw	119	1 pepper	8.330

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09003	Apples, raw, with skin	138	1 apple	8.280
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	8.240
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	8.240
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	8.240
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	8.220
09191	Nectarines, raw	136	1 nectarine	8.160
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	8.140
11670	Peppers, hot chili, green, raw	45	1 pepper	8.100
18235	Crackers, whole-wheat	16	4 crackers	8.000
11081	Beets, cooked, boiled, drained	50	1 beet	8.000
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	7.992
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	7.920
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	7.860
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	7.800
11363	Potatoes, baked, flesh, without salt	156	1 potato	7.800
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	7.680
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	7.650
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	7.650
02026	Spices, onion powder	2.1	1 tsp	7.623
14242	Cranberry juice cocktail, bottled	253	8 fl oz	7.590
16098	Peanut butter, smooth style, with salt	16	1 tbsp	7.520
09040	Bananas, raw	150	1 cup	7.500
09250	Peaches, frozen, sliced, sweetened	250	1 cup	7.500
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	7.500
07069	Salami, cooked, beef and pork	56.7	2 slices	7.371
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	7.360
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	7.350
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	7.320
20020	Cornmeal, whole-grain, yellow	122	1 cup	7.320
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7.280
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	7.260
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	7.260
02009	Spices, chili powder	2.6	1 tsp	7.228
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	7.200
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	7.160
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	7.110
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	7.110
09298	Raisins, seedless	14	1 packet	7.000
06174	Soup, stock, fish, home-prepared	233	1 cup	6.990
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	6.912
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	6.900
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	6.860

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09254	Pears, canned, juice pack, solids and liquids	76	1 half	6.840
19411	Snacks, potato chips, plain, salted	28.35	1 oz	6.804
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	6.804
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	6.804
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	6.800
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	6.800
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	6.800
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	6.800
19014	Snacks, fruit leather, rolls	21	1 large	6.720
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	6.580
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	6.480
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	6.450
15111	Fish, swordfish, cooked, dry heat	106	1 piece	6.360
11819	Peppers, hot chili, red, raw	45	1 pepper	6.300
07022	Frankfurter, beef	45	1 frank	6.300
12104	Nuts, coconut meat, raw	45	1 piece	6.300
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	6.240
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	6.240
09181	Melons, cantaloupe, raw	69	1/8 melon	6.210
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	6.160
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	6.090
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	5.980
19422	Snacks, potato chips, reduced fat	28.35	1 oz	5.954
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	5.950
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	5.950
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	5.950
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	5.950
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	5.950
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	5.940
09040	Bananas, raw	118	1 banana	5.900
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	5.880
09236	Peaches, raw	98	1 peach	5.880
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	5.880
11937	Pickles, cucumber, dill	65	1 pickle	5.850
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	5.740
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	5.600
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	5.600
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	5.590
09004	Apples, raw, without skin	110	1 cup	5.500
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	5.460
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	5.440
11215	Garlic, raw	3	1 clove	5.430
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	5.400

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09277	Plantains, raw	179	1 medium	5.370
16158	Hummus, commercial	14	1 tbsp	5.320
11740	Broccoli, flower clusters, raw	11	1 floweret	5.280
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	5.280
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	5.280
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	5.270
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	5.250
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	5.180
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	5.120
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	5.103
19013	Snacks, fruit leather, pieces	28.35	1 oz	5.103
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	5.100
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.100
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	5.100
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	5.100
15111	Fish, swordfish, cooked, dry heat	85	3 oz	5.100
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	5.046
14277	Grape drink, canned	250	8 fl oz	5.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	5.000
07023	Frankfurter, beef and pork	45	1 frank	4.950
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	4.920
20089	Wild rice, cooked	164	1 cup	4.920
09340	Pears, asian, raw	122	1 pear	4.880
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	4.800
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	4.800
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	4.800
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	4.800
14429	Water, municipal	237	8 fl oz	4.740
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	4.650
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	4.600
09021	Apricots, raw	35	1 apricot	4.550
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	4.536
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	4.500
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	4.480
09011	Apples, dried, sulfured, uncooked	32	5 rings	4.480
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4.400
18226	Crackers, rye, wafers, plain	11	1 wafer	4.400
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	4.350
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	4.350
09060	Carambola, (starfruit), raw	108	1 cup	4.320
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4.253

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.250
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.250
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	4.230
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	4.200
06121	Gravy, mushroom, canned	59.6	1/4 cup	4.172
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	4.140
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	4.050
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	4.050
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	4.050
19297	Jams and preserves	20	1 tbsp	4.000
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	4.000
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	4.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	3.990
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	3.976
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	3.969
09279	Plums, raw	66	1 plum	3.960
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	3.960
18232	Crackers, wheat, regular	8	4 crackers	3.920
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3.850
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	3.800
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	3.744
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	3.720
02028	Spices, paprika	2.1	1 tsp	3.717
11677	Shallots, raw	10	1 tbsp	3.700
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	3.692
09038	Avocados, raw, California	28.35	1 oz	3.686
18217	Crackers, matzo, plain	28.35	1 matzo	3.686
09060	Carambola, (starfruit), raw	91	1 fruit	3.640
11253	Lettuce, green leaf, raw	10	1 leaf	3.600
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	3.600
11084	Beets, canned, drained solids	24	1 beet	3.600
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	3.600
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	3.600
14545	Tea, herb, chamomile, brewed	178	6 fl oz	3.560
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	3.560
07064	Pork sausage, fresh, cooked	27	1 patty	3.510
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	3.510
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	3.500
06116	Gravy, beef, canned	58.25	1/4 cup	3.495
09160	Lime juice, raw	38	juice of 1 lime	3.420
01001	Butter, salted	14.2	1 tbsp	3.408
01145	Butter, without salt	14.2	1 tbsp	3.408

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07064	Pork sausage, fresh, cooked	26	2 links	3.380
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	3.360
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	3.360
11251	Lettuce, cos or romaine, raw	10	1 leaf	3.300
09152	Lemon juice, raw	47	juice of 1 lemon	3.290
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	3.230
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	3.204
11960	Carrots, baby, raw	10	1 medium	3.200
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	3.150
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	3.097
11282	Onions, raw	14	1 slice	3.080
09278	Plantains, cooked	154	1 cup	3.080
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	3.040
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	3.030
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	3.003
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	3.000
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.993
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	2.960
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	2.940
04015	Salad dressing, russian dressing	15.3	1 tbsp	2.907
09316	Strawberries, raw	18	1 strawberry	2.880
11135	Cauliflower, raw	13	1 floweret	2.860
09039	Avocados, raw, Florida	28.35	1 oz	2.835
02055	Horseradish, prepared	5	1 tsp	2.800
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	2.800
11156	Chives, raw	3	1 tbsp	2.760
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	2.720
19334	Sugars, brown	3.2	1 tsp	2.720
11935	Catsup	15	1 tbsp	2.700
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2.700
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	2.700
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.652
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.640
14181	Chocolate syrup	18.75	1 tbsp	2.625
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	2.625
07065	Pork and beef sausage, fresh, cooked	26	2 links	2.600
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	2.600
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	2.560
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	2.520
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	2.500
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2.484
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	2.450
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.448

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06125	Gravy, turkey, canned	59.6	1/4 cup	2.384
11954	Tomatillos, raw	34	1 medium	2.380
19294	Fruit butters, apple	17	1 tbsp	2.380
01124	Egg, white, raw, fresh	33.4	1 large	2.338
09081	Cranberry sauce, canned, sweetened	57	1 slice	2.280
02020	Spices, garlic powder	2.8	1 tsp	2.240
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	2.220
11955	Tomatoes, sun-dried	2	1 piece	2.200
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2.156
11260	Mushrooms, raw	70	1 cup	2.100
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.090
02045	Dill weed, fresh	1	5 sprigs	2.080
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	2.000
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1.960
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1.920
09316	Strawberries, raw	12	1 strawberry	1.920
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	1.900
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	1.890
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.848
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.800
07073	Sandwich spread, pork, beef	15	1 tbsp	1.800
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	1.793
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	1.780
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1.700
09153	Lemon juice, canned or bottled	15.2	1 tbsp	1.672
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.600
07072	Salami, dry or hard, pork, beef	20	2 slices	1.600
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	1.600
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.550
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	1.540
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	1.540
19116	Candies, marshmallows	50	1 cup	1.500
07027	Ham, chopped, not canned	21	2 slices	1.470
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1.450
02047	Salt, table	6	1 tsp	1.440
13350	Beef, cured, dried	28.35	1 oz	1.418
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1.410
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.376
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.350
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.350
19300	Jellies	19	1 tbsp	1.330
19296	Honey	21	1 tbsp	1.260
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	1.200

USDA National Nutrient Database for Standard Reference, Release 16-1

Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	1.160
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1.140
11429	Radishes, raw	4.5	1 radish	1.125
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1.116
19035	Snacks, popcorn, oil-popped	11	1 cup	1.100
11935	Catsup	6	1 packet	1.080
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.029
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1.008
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1.008
11333	Peppers, sweet, green, raw	10	1 ring	1.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.990
19036	Snacks, popcorn, cakes	10	1 cake	0.900
02048	Vinegar, cider	15	1 tbsp	0.900
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.864
19108	Candies, jellybeans	28.35	10 large	0.851
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.840
04133	Salad dressing, french, home recipe	14	1 tbsp	0.840
19034	Snacks, popcorn, air-popped	8	1 cup	0.800
11943	Pimento, canned	12	1 tbsp	0.720
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.660
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.660
19350	Syrups, corn, light	20	1 tbsp	0.600
19129	Syrups, table blends, pancake	20	1 tbsp	0.600
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.520
02050	Vanilla extract	4.2	1 tsp	0.462
11945	Pickle relish, sweet	15	1 tbsp	0.450
01069	Cream substitute, powdered	2	1 tsp	0.440
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.396
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.376
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.240
18373	Leavening agents, cream of tartar	3	1 tsp	0.240
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.200
01072	Dessert topping, pressurized	4	1 tbsp	0.200
19107	Candies, hard	6	1 piece	0.180
20027	Cornstarch	8.064	1 tbsp	0.161
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.150
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.135
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.126
19107	Candies, hard	3	1 small piece	0.090
19336	Sugars, powdered	8	1 tbsp	0.080
19335	Sugars, granulated	4.2	1 tsp	0.042
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000

USDA National Nutrient Database for Standard Reference, Release 16-1**Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted by nutrient content**

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04582	Vegetable oil, canola	14	1 tbsp	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.000
04002	Lard	12.8	1 tbsp	0.000