

**Sample Calcium-Rich Foods  
To Add To Daily Meal Plan  
(1300+ mg)**

Meal	With Dairy Products	Limited Dairy Products	No Dairy Products
Breakfast	Skim milk - 1 cup (306 mg)	Skim milk - 1 cup (306 mg) Fortified OJ - 1 cup (300 mg)	Soy milk 1 cup (268 mg) Fortified OJ - 8 oz. (300 mg.) Oatmeal - 1 cup (100 mg)
Lunch	Skim milk - 1 cup (306 mg)	Almonds – 1/4 cup (150 mg)	Almonds – 1/2 cup (300 mg)
Dinner	Salmon Loaf - 4 oz. (181 mg) Broccoli - 1 cup (90 mg)	Salmon Loaf - 4 oz. (181 mg) Broccoli - 1 cup (90 mg)	Salmon Loaf - 4 oz. (181 mg.) Broccoli - 1 cup (90 mg)
Snack	Yogurt (nonfat) - 1 cup (452 mg)	Yogurt (nonfat) - 1/2 cup (226 mg) Edamame* - 1 cup (130 mg)	Edamame* - 1 cup (130 mg)
<b>Total Calcium Intake</b>	<b>1335 mg</b>	<b>1383 mg</b>	<b>1369 mg</b>

\*Edamame - soybean

Some food values will vary by product- this is just an example.

**Suggested Websites:**

- [www.cdc.gov/powerfulbones/index.html](http://www.cdc.gov/powerfulbones/index.html)
- [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)
- <http://www.cdc.gov/powerfulbones/parents/>
- [www.calciuminfo.com/lifestages](http://www.calciuminfo.com/lifestages)
- <http://agsyst.wsu.edu> (for vegetable soybean recipes)
- <http://www.betterhealth.vic.gov.au/>
- [www.mypyramid.gov](http://www.mypyramid.gov)