

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)
Total Calcium Intake	1335 mg	1383 mg	1369 mg

*Edamame - soybean

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

Suggested Websites:

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