

Calcium Content of Milk Products

<u>Food</u>	<u>Serving Size</u>	<u>Calcium (mg)</u>	<u>Rating</u>
Brie cheese	50 g	92	★
Buttermilk	250 mL (1 cup)	301	★★★
Camembert Cheese	50 g	193	★★
Cheese, firm such as Brick, Cheddar, Colby, Edam and Gouda	50 g	350	★★★
Cottage Cheese, creamed, 2%, 1%	125 mL (1/2 cup)	87	★
Feta Cheese	50 g	254	★★
Ice cream	175 mL (3/4 cup)	140	★
Ice milk	125 mL (1/2 cup)	109	★
Milk (whole, 2%, 1%, skim)	250 mL (1 cup)	315	★★★
Milk, chocolate	250 mL (1 cup)	300	★★★
Milk powder, dry	90 mL (6 Tbsp)	318	★★★
Mozzarella cheese	50 g	269	★★
Mozzarella cheese, partly skimmed	50 g	366	★★★
Parmesan cheese, grated	45 mL (3 Tbsp)	262	★★
Processed cheese slices	2 thick (62 g)	384	★★★
Processed cheese spread	45 mL (3 Tbsp)	252	★★
Ricotta cheese	60 mL (1/4 cup)	103	★
Ricotta cheese partly skimmed	60 mL (1/4 cup)	136	★
Swiss cheese	50 g	480	★★★
Yogurt drink	175 g	186	★★
Yogurt, frozen	125 mL (1/2 cup)	147	★
Yogurt, fruit-flavoured	175 g (3/4 cup)	259	★★
Yogurt, plain	175 g (3/4 cup)	292	★★★

Calcium Content of Some Combination Foods Made with Milk Products

<u>Food</u>	<u>Serving Size</u>	<u>Calcium (mg)</u>	<u>Rating</u>
Baked custard	125 mL (1/2 cup)	157	★
Cheese pizza	1/4 of a large	296	★★★
Chicken a la King	250 mL (1 cup)	135	★
Custard pie	1/6 of a pie	146	★
Lasagna	250 mL (1 cup)	286	★★★
Macaroni and cheese, homemade	250 mL (1 cup)	383	★★★
Milkshake	10 oz.	332	★★★
Pancakes made with milk	3 medium	179	★★
Pudding, vanilla, chocolate	125 mL (1/2 cup)	140	★
Quiche Lorraine	1/6 of a pie	336	★★★
Rice Pudding	125 mL (1/2 cup)	137	★
Soups made with milk such as cream of broccoli, chicken, mushroom, tomato	250 mL (1 cup)	189	★★

RATING

★ - Source of calcium

★★ - Good source of calcium

★★★ - Excellent source of calcium

*Rating as established according to Canadian Food and Drugs Regulations.