

Dairy sources of calcium

Non-fat yogurt, 1 cup	450 mg
Low-fat yogurt, 1 cup	415 mg
Swiss cheese, 1 ½ oz	400 mg
Milk shake, low-fat frozen yogurt, 1 cup	350 mg
American processed cheese, 2 oz.	340 mg
Ricotta cheese, part skim, ½ cup	335 mg
Muenster cheese, 1 ½ oz.	310 mg
Mozzarella cheese, 1 ½ oz.	310 mg
Cheddar cheese, 1 ½ oz.	300 mg
Low-fat milk, 1 cup	300 mg
Whole milk, 1 cup	290 mg
Frozen yogurt, 1 cup	200 mg
Cream soup, 1 cup	185 mg
Pudding, ½ cup	145 mg
Ice cream, 1 cup	180 mg
Pumpkin pie, 1 slice	165 mg
Custard, ½ cup	150 mg
Feta cheese, 1 ½ oz.	115 mg
Cottage cheese, 1 ½ cup	70 mg