



Calcium Worksheet

How much calcium is in different foods?



Answer the questions on the
Calcium Worksheet.

Use the [Calcium-Rich Foods List](#)
to help with your answers.



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How much calcium is in different foods?

1. List 3 foods that have 300 mg of calcium per serving. List the portion size for each.

Food	Portion Size
_____	_____
_____	_____
_____	_____

2. Make a plan for a delicious breakfast that provides 300 mg of calcium.

Food	Portion Size	Calcium (mg)
_____	_____	_____
_____	_____	_____
_____	_____	_____



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How much calcium is in different foods?

3. List all the foods you ate yesterday in the boxes below. Use the Calcium-Rich Foods List to estimate the amount of calcium. Add up your total calcium intake. Did you meet your recommendation of 1300 mg?

Meal	Foods	Portion Size	Calcium (mg)
Breakfast			
Lunch			
Dinner			
Snacks			
Drinks			
Desserts			
			Total:



Calcium-Rich Foods List

 <p>50</p>	Black beans, Lima beans, Lentils—cooked Bread Broccoli Eggs English muffin or Bagel Gai lan, Mustard greens Hummus Naan Orange	1 cup or 250 mL 2 slices or 70 g ¾ cup or 175 mL 2 1 whole ½ cup or 125 mL ½ cup or 125 mL ½ 1 medium orange
 <p>75</p>	Almonds Bok choy, Kale, Rapini, Okra—cooked Chickpeas, Kidney beans, Pinto beans, Romano beans—cooked Cottage cheese—regular or low fat Dessert tofu Ice cream, Frozen yogurt Parmesan cheese	¼ cup or 60 mL ½ cup or 125 mL 1 cup or 250 mL ½ cup or 125 mL 100 g ½ cup or 125 mL 1 Tbsp or 15 mL
 <p>150</p>	Baked beans, Soybeans, White beans—cooked Blackstrap molasses Collards—cooked Cheese—soft and semi-soft such as Blue, Feta, Mozzarella Pancake or Waffle Pudding—made with milk Tofu—made with calcium—check labels	1 cup or 250 mL 1 Tbsp or 15 mL ½ cup or 125 mL 25 g 1 large or 2 small ½ cup or 125 mL 100 g
 <p>200</p>	Cheese—firm such as Cheddar, Swiss, Gouda Cheese—processed Paneer Salmon—canned with bones Sardines—canned with bones Soup—made with milk Yogurt, fruit flavoured—regular or low fat*	25 g 2 slices, 21 g each 25 g ⅓ can ½ can 1 cup or 250 mL ¾ cup or 175 mL
 <p>300</p>	Milk—skim, 1%, 2%, whole, buttermilk, chocolate, flavoured* Calcium-fortified beverages such as Soy, Rice, Orange juice—check labels Skim milk powder Yogurt—plain, regular or low fat*	1 cup or 250 mL 1 cup or 250 mL ⅓ cup or 75 mL ¾ cup or 175 mL
<p><i>*Add 100 mg for each portion of calcium-enriched milk or yogurt.</i></p>		