

# High Calcium Foods

Attempt to achieve at least 2000 mg of calcium in pregnancy per day.  
Amounts given are equal in calcium to the amount in one large (8-ounce) glass of soy, whole, 2%, or skim milk: 250 – 300 mg.

## Nuts

almonds: 7oz  
brazil: 8 oz  
filberts: 8 oz

## Dairy products

custard: 1 cup  
yogurt: 1 cup  
ice cream: 2 cups  
cheese: 1 – 1 ½ oz  
cottage cheese: 1 ½ cups

## Grains

beans in tomato sauce: 7 oz  
chickpeas: 1 cup  
sesame seeds (brown, whole): 2 ½ Tbsp.  
barley cereal (uncooked): 1 oz  
farina: 1 cup  
tortillas: 3

## Greens

beets (cooked): 2 cups  
swiss chard: 2 cups  
collard greens: ¾ – 1 cup  
mustard greens: 1 ½ – 2 cups  
spinach: 1 cup  
turnips: 1 ½ cups  
kale: 1 – 1 ½ cups  
dandelions: 1 cup

## Vegetables

broccoli (cooked): 2 cups  
okra (cooked): 2 cups  
bok choy: 1 ½ cups  
acorn squash (baked) 2 ½ – 3 cups

## Shellfish

clams: 14 – 22 medium  
scallops: 8 oz  
oysters: 6 – 9 medium

## Fish

herring: 6 oz  
salmon (canned): 4 oz  
salmon (fresh): 2 oz  
sardines: 3 oz

## Misc.

raisins: 1 cup  
blackstrap molasses: 2 Tbsp.  
chocolate syrup/fudge: 2/3 cups  
tofu: 2 pieces (2 ½ x 2 ½ x 1")