

CALCIUM AND LACTOSE IN COMMON FOODS

<u>VEGETABLES</u>	<u>CALCIUM CONTENT</u>	<u>LACTOSE CONTENT</u>
Soymilk fortified 1 cup	200-300mg	0
Sardines; with edible bones, 3oz.	270mg	0
Salmon canned; with edible bones, 3oz.	205mg	0
Broccoli; raw, 1 cup	90mg	0
Orange; 1 medium	50mg	0
Pinto Beans; 1/2 cup	40mg	0
Tuna canned; 3oz	10mg	0
Lettuce greens; 1/2 cup	10mg	0
<u>DAIRY PRODUCTS</u>		
Yogurt; plain, low-fat, 1 cup	415mg	5g
Milk, reduced fat, 1cup	295mg	11g
Swiss Cheese, 1oz	270mg	1g
Ice Cream, 1/2 cup	85mg	6g
Cottage Cheese, 1/2 cup	75mg	2-3g

***Adapted from the Manual of Clinical Dietetics, 6th ed., American Dietetic Association, 2000 and Soy Dair Alternatives. Available at; www.soyfoods.org*