



You need three servings each day of foods rich in calcium. All milk foods are high in calcium.

If you can't drink milk or eat yogurt, try 5 ounces of cheese every day. If you do not like cheeses and other milk foods, or can't digest milk foods, choose three servings of non-milk foods with plenty of calcium. You may also need more vitamin D.

Milk and Milk Foods

Each serving of dairy food has about as much calcium as 1 cup of milk.

- 8 oz. yogurt, buttermilk, cultured milk
- 1 cup pudding or custard
- 1½ cups frozen yogurt or ice cream
- 1½ oz. cheese or 2 oz. processed cheese
- 2½ cups cottage cheese



You can also choose these non-milk foods that are rich in calcium. Each serving size has about as much calcium as 1 cup of milk. It is best to eat many sources of high-calcium food a day.

- One serving calcium-fortified cereal (a WIC food)
- 8 oz. tofu (a WIC food) or tempeh with calcium sulfate
- 8 oz. fortified soy milk (a WIC food) or rice milk
- 1 cup fortified orange juice (a WIC food)
- 3 oz. sardines with bones (a WIC food)
- 5 oz. salmon with bones (a WIC food)
- 2 tbsp. blackstrap molasses
- 1½ cups spinach and turnip greens
- 10 dried figs
- ¾ cup collard greens
- 3 cups okra
- 3¼ cups mustard greens, kale, or broccoli
- 7 medium corn tortillas made with lime or calcium carbonate
- 3 cups baked beans or peas (a WIC food)
- 4 oz. almonds
- 2 cups bok choy