

vanilla ice cream

Serving Size: 1/2 cup

95 milligrams of calcium

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cream cheese

Serving Size: 1 tablespoon

10 milligrams of calcium

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orange

Serving Size: 1 medium

50 milligrams of calcium

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macaroni and cheese

Serving Size: 1/2 cup

60 milligrams of calcium

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bread

Serving Size: 1 ounce slice

30 milligrams of calcium

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soda, cola-type

Serving Size: 12 ounces

10 milligrams of calcium

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