

## cottage cheese

Serving Size: 1/2 cup

70 milligrams of calcium

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## baked potato

Serving Size: 1/2 potato

20 milligrams of calcium

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## hard cheese (Cheddar, Colby or mozzarella)

Serving Size: 1 ounce cube or slice

190 milligrams of calcium

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## canned sardines with bones

Serving Size: 1 ounce

110 milligrams of calcium

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## yogurt

Serving Size: 8 ounces or 1 cup

300 milligrams of calcium

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## American cheese

Serving Size: 1 ounce cube or slice

160 milligrams of calcium

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