

# Food Sources of Calcium

**Breakfast cereal**  
(calcium-fortified)

**Calcium-set tofu**

**Malted milk drink**  
(calcium-fortified)

**Nutrition shake**  
(calcium-fortified)

**Almond milk drink**  
(calcium-fortified)

**Coconut milk drink**  
(calcium-fortified)

**Formulated bar**  
(calcium-fortified)

**Granola bar**  
(calcium-fortified)

**Waffle**  
(calcium-fortified)

**Cheese product**  
(calcium-fortified)

**Soy milk**  
(calcium-fortified)

**Milk beverage**  
(calcium-fortified)

**Whey protein powder isolate**

**Orange juice**  
(calcium-fortified)

**Rennet tablets**  
(unsweetened)

**Sheep milk**

**Cow milk**

**Grapefruit juice**  
(calcium-fortified)

**Buttermilk**

**Chocolate bar**  
(calcium-fortified)

**Indian buffalo milk**

**Yogurt**

**Goat milk**

**Canned atlantic sardine with bone**

**Kefir**

**Drink mix**  
(calcium-fortified)

**American cheese**  
(calcium-fortified)

**Gruyère cheese**

**Vegetable juice**  
(calcium-fortified)

**Pasta in tomato and cheese sauce**  
(calcium-fortified)

**Orange drink**  
(calcium-fortified)

**Soy yogurt**  
(calcium-fortified)

**Swiss cheese**

**Fat-free mozzarella cheese**

**Rice milk drink**  
(calcium-fortified)

**Collards**

**Hard goat cheese**

**Fat-free cheddar cheese**

**Acid whey**