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	
Suggested citation: Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A, Zand E. A new method for calculating			

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