

Wellesley Women's Care, P.C.

Obstetrics / Gynecology / Infertility

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Calcium

During pregnancy women need 1000mg of calcium daily, and while breast feeding the need for calcium increases to 1300mg daily. More is not better because excessive amounts of calcium can create medical problems. The prenatal vitamin that is prescribed contains approximately 200 to 250mg of calcium. The charts below list the calcium content of foods that should help you decide if a supplement is necessary.

High sources of calcium in milk products

- 1 cup of ice cream 321mg
- 1 cup parmesan cheese 320mg
- 1 cup skim milk 300mg
- 1 cup hot cocoa or skim milk 298mg
- 1 cup whole milk 287mg
- 1 cup baked custard 278mg
- 1 cup buttermilk 298mg
- 1 cup cottage cheese 212mg
- 1 oz American cheese 195mg
- 1 oz Edam cheese 225mg
- 1 cup mushroom soup 182mg all soups made
- 1 cup cream of chicken soup 203mg with milk
- 1 cup tomato soup 166mg
- 1 slice cheese pizza 166mg

Non-dairy food sources of calcium

- 1 lb canned Sardines 1234mg
- 1 lb fried liver 2156mg
- 1 lb cooked shrimp 520mg
- 1 lb broiled chicken (no skin) 911mg
- 1 cup shelled mixed nuts or peanuts 186mg
- 1 cup almonds 328mg
- 1 cup Brazil nuts 558mg
- 1 cup sesame seeds 253mg
- 1 cup sunflower seeds 120mg
- 1 cup squash seeds 117mg
- 1 cup pistachio nuts 131mg
- 1 cup pork and beans 145mg
- ½ cup dried beans 150mg
- 1 chicken and tomato sandwich 108mg
- 1 cup broccoli 132mg
- 1 cup collard greens 376mg
- 1 cup kale 250mg
- 1 cup lamb quarters 387mg
- 1 cup mustard greens 193mg
- 1 cup cooked cabbage 75mg
- 1 cup rutabagas 118mg
- 1 cup turnip greens 267mg