

Calcium Food Sources

(Your Daily Goal is 1200-1500mg)

Dairy	Calcium	Fat	Calories
Yogurt, Plain Nonfat (1 Cup)	452mg	4g	127
Yogurt, Plain Lowfat (1 Cup)	415mg	4g	144
Milk, Skim (1 Cup)	320mg	4g	86
Milk, 1% Lowfat (1 Cup)	300mg	3g	102
Milk, Whole			