

# THE UROLOGY GROUP

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## CALCIUM CONTENT

Food	Serving Size	Calcium (mg)	Food	Serving Size	Calcium (mg)
Skim, Low Fat or Whole Milk	1 cup	300	Hot Chocolate, with calcium	1 envelope	250
Skim Deluxe	1 cup	500	Salmon, with bones	4 oz.	294
Soy Milk, fortified	1 cup	280	Sardines, with bones	3 oz.	372
Lactose Reduced	1 cup	250	Shrimp	1 cup	147
Buttermilk	1 cup	316	Almonds, whole	12-15 nuts	38
Fat Free Yogurt, plain	6 oz	300	Sesame Seeds, hulled	2 tbsp.	20
Fat Free Yogurt, with fruit	6 oz	250	Lima Beans, cooked	½ cup	30
American Pasteurized			Soybeans, cook	½ cup	73
Processed Cheese	1 oz	174	Tofu	4 oz.	145
Cheddar Cheese	1 oz	204	Acorn Squash, baked	½ medium	61
Cottage Cheese 1%	½ cup	70	Bok Choy, cooked	½ cup	80
Cottage Cheese 4%	½ cup	65	Broccoli, cooked	½ cup	89
Edam Cheese	1 oz	207	Cabbage, cooked	½ cup	25
Feta Cheese	1 oz	140	Collard Greens, cooked	½ cup	152
Fontina Cheese	1 oz	156	Kale, cooked	½ cup	47
Monterey Cheese	1 oz	212	Mustard Greens, cooked	½ cup	138
Mozzarella Cheese, part skim	1 oz	207	Spinach, raw**	½ cup	28
Muenster Cheese	1 oz	203	Spinach, cooked	½ cup	122
Parmesan Cheese	2 tbsp	195	Swiss Chard, cooked	½ cup	51
Ricotta Cheese, part skim	½ cup	337	Turnip Greens	2/3 cup	184
Ricotta Cheese, whole	½ cup	260	Dates	10	27
Swiss Cheese	1 oz	272	Orange	1	52
Ice Cream, 10% fat	½ cup	88	Pineapple Juice	1 cup	42
Ice Milk	½ cup	88	Rhubarb, cooked, sweetened**	½ cup	174
Sherbet	½ cup	51	Bread, whole wheat	1 slice	25
Frozen Yogurt	½ cup	250	Cereal Bars,		
Egg	1 (yolk)	28	With calcium	1	200
Fortified Juice, with calcium	1 cup	300	Tortilla, corn	1	42

\*Data from USDA Handbook 8-1, 8-9, 8-11, 8-12, 456 and Bowes & Church's Food Values of Portions Commonly Used.

\*\*Contains oxalic acid which may reduce calcium absorption.

Kidney stone patients should aim for a **normal** calcium intake. Taking in too much or too little calcium puts you at risk for forming new kidney stones.

Women: 1200 mg per day

Men: 1000 mg per day