

Best Available Sources of Calcium in LTC:

Source	Serving Size	Amount of Calcium (mg.)
Firm Cheese (brick, cheddar, marble, gouda)	2 oz.	350 mg.
Milkshake	250 ml.	Approx. 300 mg.
Milk	250 ml.	315 mg.
Milk powder	3 Tbsp.	308 mg.
Yogurt, Plain	$\frac{3}{4}$ Cup	296 mg.
Yogurt, Fruit	$\frac{3}{4}$ Cup	240 mg.
Macaroni & Cheese (Mix)	1 $\frac{1}{2}$ Cup	237 mg.
Cottage Cheese	125 ml.	76 mg.
Ice Cream	125 ml.	90 mg.
Chocolate Milk	250 ml.	301 mg.
Parmesan Cheese	3 Tbsp.	261 mg.
Cheese Slices (Processed)	Thin (2 Slices) Regular (2 Slices)	256 mg. 384 mg.
Cheese Spread (Processed)	3 Tbsp.	270 mg.
Yogurt, Frozen	125 ml.	147 mg.
Salmon (Pink, w/ Bones Crushed in)	106 g. (Approx. $\frac{1}{2}$ a Can)	225 mg.
Broccoli, Cooked	$\frac{1}{2}$ Cup	38 mg.
Orange	1 Medium	56 mg.
Bread (White or Brown)	1 Slice	24 mg.
Raisins	$\frac{1}{4}$ Cup	21 mg.
Dates	$\frac{1}{4}$ Cup	14 mg.
Prunes, Dried	3 Medium	12 mg.
Fortified Orange Juice	1 Cup	300 mg.
Fortified Soy Beverage	1 Cup	312 mg.

Recipes High in Calcium Suitable for LTC:

Recipe	Serving Size	Amount of Calcium (mg.)
Baked Custard	½ Cup	167 mg.
Lasagna w/ Cheese	1 Portion	193 mg.
Pancakes made w/ Milk	2 Medium	194 mg.
Pizza w/ Cheese	¼ of 12” Pizza	234 mg.
Pudding	½ Cup	126 mg.
Quiche Lorraine	1/6 of a Pie	220 mg.
Rice Pudding	½ Cup	74 mg.
Soups made w/ Milk	1 Cup	184 mg.

Calcium Rich Recipe Tricks:

- Add skim milk powder to puddings, custards and cheese sauces or any of your favorite beverages
- Add parmesan cheese to pasta dishes
- Add cheese to sandwiches
- Add grated cheese to salads
- Include a glass of milk, fortified soy beverage or fortified orange juice to each meal
- Add milk to hot cereals
- Use yogurt as a substitute for sour cream or mayonnaise in recipes
- Use Salmon with bones in place of tuna, for sandwiches
- Adding flavored syrups to milk for added flavor and enjoyment

Calcium Rich Menu ideas

Breakfast:

Calcium Fortified orange Juice
Calcium Fortified Corn Flakes w/ 125 ml skim Milk
Banana
Whole Wheat Toast w/ Sliced Cheese

AM Snack:

Yogurt

Lunch:

Cream of Tomato Soup
Salmon Salad Sandwich (w/bones) on Whole Wheat
Vanilla Ice Cream w/ chocolate Sauce

PM Snack:

Pudding Cup
-OR-
Orange

Dinner:

250 ml. Glass of Milk (w/ 3 Tbsp. Low Fat Milk Powder Added)
Tossed Salad w/ yogurt & Dill Dressing
Lasagna w/ Cheese (w/ 3 Tbsp. Parmesan Cheese Added)
Baked Custard

HS Snack:

Cheese and Crackers



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