

USDA National Nutrient Database for Standard Reference Release 28

Nutrients: Calcium, Ca (mg)

Food Subset: Abridged List

Ordered by: Nutrient Content

Measured by: Household

Report Run at: February 19, 2016 12:16 EST

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01040	Cheese, swiss	132.0	1.0 cup, diced	1175
01115	Whey, sweet, dried	145.0	1.0 cup	1154
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1081
01035	Cheese, provolone	132.0	1.0 cup, diced	998
01030	Cheese, muenster	132.0	1.0 cup, diced	946
01009	Cheese, cheddar	132.0	1.0 cup, diced	937
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	920
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	861
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	859
01032	Cheese, parmesan, grated	100.0	1.0 cup	853
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	787
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	776
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	771
01019	Cheese, feta	150.0	1.0 cup, crumbled	740
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	689
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	600
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	566
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	508
11450	Soybeans, green, raw	256.0	1.0 cup	504
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	483
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	475
01109	Milk, sheep, fluid	245.0	1.0 cup	473
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	451
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	451
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	400
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	377
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	370
01094	Milk, buttermilk, dried	30.0	0.25 cup	355
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	352

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	352
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	351
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	349
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	349
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	349
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	337
01057	Eggnog	254.0	1.0 cup	330
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	315
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	311
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	296
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	290
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	287
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	280
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	276
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	273
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	272
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	265
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	261
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	257
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	249
11215	Garlic, raw	136.0	1.0 cup	246
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	242
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	241
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	239
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	235
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	217
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	215
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	212
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	211
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	209
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	206
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	204
07939	Frankfurter, pork	76.0	1.0 link	203
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	197
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	196
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	195

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	194
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	194
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	194
18967	Bread, white wheat	28.0	1.0 slice	192
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	191
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	189
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	185
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	184
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	183
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	181
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	174
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	159
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	158
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	158
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	157
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	154
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	154
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	151
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	150
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	150
01004	Cheese, blue	28.35	1.0 oz	150
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	147
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	145
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	140
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	138
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	135
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	134
16009	Beans, baked, canned, with pork	253.0	1.0 cup	134
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	131
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	131
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 biscuit	130
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	130
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	128
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	125
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	125
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	125

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11122	Cardoon, raw	178.0	1.0 cup, shredded	125
09085	Currants, zante, dried	144.0	1.0 cup	124
20143	Teff, cooked	252.0	1.0 cup	123
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	122
09205	Oranges, raw, with peel	170.0	1.0 cup	119
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	117
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	117
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	116
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	115
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	113
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	112
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	112
01007	Cheese, camembert	28.35	1.0 oz	110
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	109
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	108
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	108
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	107
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	107
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	102
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	102
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	100
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	100
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	100
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	100
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	100
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	100
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	100
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	100
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	100
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	99
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	99
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	97
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	97
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	94
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	94
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	93

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	93
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	92
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	90
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	90
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	87
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	87
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	87
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	85
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	84
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	84
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	84
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	83
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	83
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	82
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	82
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	81
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	81
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	81
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	80
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	80
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	79
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	79
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	79
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	78
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	78
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	78
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	77
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	76
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	76
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	74
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	74
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	74
21023	Fast foods, french toast with butter	135.0	2.0 slices	73
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	73
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	72
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	72

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	72
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	72
11211	Edamame, frozen, unprepared	118.0	1.0 cup	71
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	71
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	71
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	70
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	69
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	69
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	69
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	69
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	69
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	68
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	68
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	67
21415	POPEYES, biscuit	60.0	1.0 biscuit	65
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	64
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	64
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	64
12084	Nuts, butternuts, dried	120.0	1.0 cup	64
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	63
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	62
09083	Currants, european black, raw	112.0	1.0 cup	62
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	61
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	61
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	61
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	61
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	61
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	61
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	60
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	59
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	58
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	58
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	58
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	58
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	57
20132	Oat flour, partially debranned	104.0	1.0 cup	57

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	57
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	57
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	57
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	56
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	56
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	56
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	55
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	55
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	55
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	55
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	54
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	54
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	54
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	54
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	53
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	53
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	52
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	52
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	52
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	52
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	52
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	51
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	51
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	50
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	50
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	50
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	50
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	48
20130	Barley flour or meal	148.0	1.0 cup	47
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	46
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	46
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	46
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	46
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	46
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	46
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	45

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	45
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	45
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	45
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	45
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	45
11086	Beet greens, raw	38.0	1.0 cup	44
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	44
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	44
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	44
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	44
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	44
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	44
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	43
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	43
11096	Broccoli raab, raw	40.0	1.0 cup chopped	43
18972	Bread, cheese	48.0	1.0 slice	43
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	42
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	42
11124	Carrots, raw	128.0	1.0 cup chopped	42
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	42
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	42
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	42
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	42
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	42
07971	Bologna, meat and poultry	33.0	1.0 slice	41
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	41
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	41
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	41
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	41
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	41
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	41
11203	Cress, garden, raw	50.0	1.0 cup	40
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	40
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	40
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	40
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	40

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	40
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	40
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	40
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	39
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	39
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	39
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	39
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	39
11015	Asparagus, canned, drained solids	242.0	1.0 cup	39
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	39
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	39
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	39
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	38
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	38
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	38
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	38
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	38
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	38
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	38
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	38
18064	Bread, wheat	28.35	1.0 oz	38
09107	Gooseberries, raw	150.0	1.0 cup	38
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	37
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	37
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	37
09059	Breadfruit, raw	220.0	1.0 cup	37
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	37
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	37
21416	POPEYES, Coleslaw	120.0	1.0 package	37
09084	Currants, red and white, raw	112.0	1.0 cup	37
11098	Brussels sprouts, raw	88.0	1.0 cup	37
11282	Onions, raw	160.0	1.0 cup, chopped	37
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	37
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	36
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	36
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	36

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11304	Peas, green, raw	145.0	1.0 cup	36
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	36
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	36
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	35
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	35
18043	Bread, protein (includes gluten)	28.35	1.0 oz	35
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	35
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	35
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	34
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	34
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	34
09160	Lime juice, raw	242.0	1.0 cup	34
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	34
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	34
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	33
01031	Cheese, neufchatel	28.35	1.0 oz	33
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	33
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	33
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	33
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	33
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	33
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	33
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	32
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	32
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	32
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	32
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	32
01049	Cream, fluid, half and half	30.2	1.0 fl oz	32
01144	Egg substitute, powder	9.9	0.35 oz	32
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	32
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	32
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	31
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	31
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	31
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	31
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	31

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	30
09043	Blackberry juice, canned	250.0	1.0 cup	30
11620	Drumstick pods, raw	100.0	1.0 cup slices	30
02039	Spices, savory, ground	1.4	1.0 tsp	30
11457	Spinach, raw	30.0	1.0 cup	30
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	30
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	30
11429	Radishes, raw	116.0	1.0 cup slices	29
09226	Papayas, raw	145.0	1.0 cup 1" pieces	29
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	29
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	29
01128	Egg, whole, cooked, fried	46.0	1.0 large	29
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	28
18385	Bread, wheat germ, toasted	28.35	1.0 oz	28
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	28
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	28
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	28
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	28
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	28
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	28
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	28
01123	Egg, whole, raw, fresh	50.0	1.0 large	28
01131	Egg, whole, cooked, poached	50.0	1.0 large	28
11427	Purslane, raw	43.0	1.0 cup	28
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	28
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	27
09442	Pomegranate juice, bottled	249.0	1.0 cup	27
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	27
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	27
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	27
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	27
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	27
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	27
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	27
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	27
18057	Bread, reduced-calorie, white	28.35	1.0 oz	27

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	26
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	26
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	26
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	26
02010	Spices, cinnamon, ground	2.6	1.0 tsp	26
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	26
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	25
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	25
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	25
09437	Tamarind nectar, canned	251.0	1.0 cup	25
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	25
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	25
11154	Chicory roots, raw	60.0	1.0 root	25
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	24
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	24
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	24
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	24
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	24
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	24
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	24
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	24
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	24
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	24
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	24
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	24
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	23
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	23
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	23
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	23
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	23
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	23
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	23
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	23
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	23
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	22
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	22
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	22
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	22
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	22
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	22
11080	Beets, raw	136.0	1.0 cup	22
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	22
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	21
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	21
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	21
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	21
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
11965	Cauliflower, green, raw	64.0	1.0 cup	21
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	21
18177	Cookies, molasses	28.35	1.0 oz	21
18066	Bread, wheat bran	28.35	1.0 oz	21
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	21
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	21
18060	Bread, rye	28.35	1.0 oz	21
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	21
18040	Bread, oatmeal, toasted	28.35	1.0 oz	20
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	20
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	20
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	20
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	20
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	20
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	20
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	20
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	20
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	20

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	20
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	20
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	20
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	20
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	20
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	20
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	20
18214	Crackers, cheese, regular	14.2	0.5 oz	19
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	19
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	19
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	19
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	19
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	19
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	19
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	19
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	19
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	19
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	19
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	19
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	18
18037	Bread, oat bran	28.35	1.0 oz	18
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	18
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	18
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	18
09176	Mangos, raw	165.0	1.0 cup pieces	18
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	18
18170	Cookies, fig bars	28.35	1.0 oz	18
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	18
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	18
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	18
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	18
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	18

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	18
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	18
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	18
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	18
20090	Rice flour, brown	158.0	1.0 cup	17
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	17
09428	Rowal, raw	114.0	0.5 cup	17
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	17
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	17
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	17
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	17
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	16
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	16
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	16
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	16
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	16
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	16
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	16
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	16
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	16
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	16
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	16
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	16
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	16
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	16
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	16
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	16
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	16
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	16
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	16
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	16
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	15
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	15

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	15
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	15
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	15
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	15
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	15
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	15
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	15
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	15
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	15
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	15
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	15
18241	Croissants, cheese	28.35	1.0 oz	15
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	15
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	15
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	15
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	15
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	15
09152	Lemon juice, raw	244.0	1.0 cup	15
20648	Sorghum flour, whole-grain	121.0	1.0 cup	15
02005	Spices, caraway seed	2.1	1.0 tsp	14
18147	Cheesecake commercially prepared	28.35	1.0 oz	14
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	14
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	14
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	14
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	14
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	14
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	14
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	14
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	14
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	14
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	14

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
01017	Cheese, cream	14.5	1.0 tbsp	14
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	14
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	14
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	14
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	14
18243	Croutons, seasoned	14.2	0.5 oz	14
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	14
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	14
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	14
02002	Spices, anise seed	2.1	1.0 tsp, whole	14
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	14
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	13
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	13
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	13
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	13
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	13
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	13
11213	Endive, raw	25.0	0.5 cup, chopped	13
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	13
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	13
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	13
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	13
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	13
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	13
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	13
09252	Pears, raw	140.0	1.0 cup, slices	13
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	13
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	12
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	12
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	12
18025	Bread, cracked-wheat	28.35	1.0 oz	12
01056	Cream, sour, cultured	12.0	1.0 tbsp	12
07911	Liverwurst spread	55.0	0.25 cup	12
02023	Spices, marjoram, dried	0.6	1.0 tsp	12

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	12
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	12
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	12
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	12
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	12
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	12
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	12
20314	Corn grain, white	166.0	1.0 cup	12
18963	Garlic bread, frozen	43.0	1.0 slice presliced	12
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	12
15261	Fish, tilapia, raw	116.0	1.0 fillet	12
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	12
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	11
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	11
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	11
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	11
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	11
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	11
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	11
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	11
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	11
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	11
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	11
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	11
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	11
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	11
18242	Croutons, plain	14.2	0.5 oz	11
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	11
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	11
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	11
02015	Spices, curry powder	2.0	1.0 tsp	10
15005	Fish, bluefish, raw	150.0	1.0 fillet	10

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	10
18239	Croissants, butter	28.35	1.0 oz	10
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	10
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	10
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	10
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	10
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	10
11151	Chicory, witloof, raw	53.0	1.0 head	10
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	10
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	10
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	10
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	10
18245	Danish pastry, cheese	28.35	1.0 oz	10
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	10
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	10
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	10
09216	Orange peel, raw	6.0	1.0 tbsp	10
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	10
09164	Litchis, raw	190.0	1.0 cup	10
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	10
15013	Fish, cisco, raw	79.0	1.0 fillet	9
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	9
19129	Syrups, table blends, pancake	314.0	1.0 cup	9
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	9
15033	Fish, haddock, raw	85.0	3.0 oz	9
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	9
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	9
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	9
05152	Guinea hen, meat only, raw	85.0	3.0 oz	9
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	9
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	9
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	9
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	9

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	9
18157	Cookies, chocolate wafers	28.35	1.0 oz	9
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	9
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	9
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	9
18240	Croissants, apple	28.35	1.0 oz	9
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	8
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	8
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	8
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	8
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	8
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	8
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	8
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	8
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	8
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	8
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	8
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	8
06957	Gravy, brown instant, dry	6.7	1.0 serving	8
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	8
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	8
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	8
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	8
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	8
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	8
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	8
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	8
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	8
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	8
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	8
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	7

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	7
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	7
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	7
15014	Fish, cisco, smoked	28.35	1.0 oz	7
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	7
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	7
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	7
01070	Dessert topping, powdered	43.0	1.5 oz	7
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	7
20134	Rice noodles, cooked	176.0	1.0 cup	7
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	7
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	7
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	7
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	7
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	7
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	7
11982	Peppers, pasilla, dried	7.0	1.0 pepper	7
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	7
19014	Snacks, fruit leather, rolls	21.0	1.0 large	7
18236	Cracker meal	28.35	1.0 oz	7
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	6
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	6
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	6
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	6
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	6
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	6
18319	Pie, fried pies, fruit	28.35	1.0 oz	6
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	6
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	6
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	6
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	6
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	6
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	6
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	6
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	6

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	6
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	6
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	6
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	6
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	6
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	6
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	6
09004	Apples, raw, without skin	110.0	1.0 cup slices	6
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	5
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	5
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
02024	Spices, mustard seed, ground	2.0	1.0 tsp	5
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	5
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	5
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	5
19415	Snacks, potato sticks	28.35	1.0 oz	5
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	5
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	5
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	5
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	5
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	5
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	5
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	5
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	5
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	5
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	5
02043	Spices, turmeric, ground	3.0	1.0 tsp	5
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	5
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	5
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	5
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	5
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	5
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	5
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	5
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	5
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	5
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	5
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	5
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	5
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	5
09277	Plantains, raw	148.0	1.0 cup, sliced	4
02022	Spices, mace, ground	1.7	1.0 tsp	4
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	4
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	4
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	4
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	4
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	4
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	4
02025	Spices, nutmeg, ground	2.2	1.0 tsp	4
09278	Plantains, cooked	200.0	1.0 cup, mashed	4
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	4
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	4
07921	Bacon and beef sticks	28.0	1.0 oz	4
19181	Candies, YORK BITES	39.0	15.0 pieces	4
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	4
18224	Crackers, rusk toast	14.2	0.5 oz	4
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	4
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	4

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	4
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	4
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	4
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	4
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	4
01072	Dessert topping, pressurized	70.0	1.0 cup	4
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	3
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	3
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	3
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	3
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	3
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	3
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	3
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	3
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	3
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	3
11959	Arugula, raw	2.0	1.0 leaf	3
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	3
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	3
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	3
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	3
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	3
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
07926	Salami, Italian, pork	28.0	1.0 oz	3
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	3
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	3
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	3
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	3
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	3

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	3
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	3
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	3
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	3
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	3
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	3
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	3
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	3
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	2
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	2
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	2
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	2
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	2
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	2
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	2
01124	Egg, white, raw, fresh	33.0	1.0 large	2
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	2
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	2
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	2
09129	Grapes, muscadine, raw	6.0	1.0 grape	2
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	2
02045	Dill weed, fresh	1.0	5.0 sprigs	2
02021	Spices, ginger, ground	1.8	1.0 tsp	2
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	2
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	2
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	2
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	2
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	2
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	2
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	2
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	2
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	2
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	1
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	1
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	1
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	1
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	1
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	1
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	1
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	1
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	1
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	1
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	1
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	1
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	1
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	1
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	1
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	1
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	1
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	1
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	1
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	1
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	1
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	1
09173	Longans, dried	1.7	1.0 fruit	1
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	1
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	1
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	1
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	1
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	1
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1
11447	Sesbania flower, raw	3.0	1.0 flower	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1
02050	Vanilla extract	4.2	1.0 tsp	0
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Calcium, Ca(mg) Per Measure
11216	Ginger root, raw	2.0	1.0 tsp	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
04583	Oil, mustard	14.0	1.0 tbsp	0
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0
04582	Oil, canola	14.0	1.0 tbsp	0
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	0
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	0
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	0
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0