

MARION WOMEN'S HEALTH CENTER
 960 S Prospect Street MARION, OH 43302-6225
 (740) 383-2776 Fax: (740) 383-2978

Patient Information

Calcium Content of Commons Foods

Oysters, raw	1 cup	226	Bran flakes	1 cup	28
Salmon, pink, canned	3 oz	167	Bread	1 slices	23
Sardines oil drained	3 oz	372	Cakes (mix)	1 piece	55
Shrimp (canned)	3 oz	98	Cornmeal	1 cup	23
Tuna in oil	3 oz	7	Cupcakes (small)	1 small	43
Sugars/Sweets			Farina (cooked)	1 cup	147
Carmels	1 oz	42	Muffin	1 muffin	42
Chocolate milk plain	1 oz	65	Oats	1 cup	44
Fudge, plain	1 oz	22	Oatmeal	1 cup	22
Molasses, blackstrap	1 tbsp	137	Pancakes wheat/ buttermilk	1 cake	58
Sherbert	1 cup	31	Pie		
Sugar (brown)	1 cup	187	Butterscotch	4 in slice	98
Fruits/fruit products			Custard	4 in. slice	125
Apricots in syrup canned	1 cup	28	Mince	4 in. slice	38
Aprictos dried uncooked	1 cup	100	Pecan	4 inc. slice	55
Avocados	1 med	26	Pumpkin	4 in. slice	66
Cantaloupes (raw)	1/2 melon	27	Pizza (cheese)	5 1/2 in slice	107
Cherries canned red	1 cup	37	Rice (cooked)	1 cup	21
Dates (pitted)	1 cup	105	Rolls		
Grapefruit, pink	1/2 med	20	hamburger/hot dog	1 roll	30
Grapefruit juice	1 cup	23	hard roll	1 roll	24
Grapefruit juice canned	1 cup	28	Spaghetti / meatballs		
Lime juice	1 cup	22	homemade	1 cup	124
Oranges	1 med	54	canned	1 cup	53
Orange juice	1 cup	26	Waffles		
Papayas (raw)	1 cup	36	enriched flour	1 waffle	85
Peaches (dried)	1 cup	77	from mix	1 waffle	179
Pineapple	1 cup	27			
Pineapple juice					
canned	1 cup	37			
Plums (canned)	1 cup	36			
Prunes (cooked)	1 cup	60			
Prune juice bottled	1 cup	36			
Raspberries (raw)	1 cup	27			
Rhubarb (cooked)	1 cup	212			
Strawberries (raw)	1 cup	31			
Tangerines	1 med	34			
Watermelon	4 inc. wedge	30			