

Snacks with more calcium than a yogurt

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When you open the fridge to find a snack, yogurt is a favorite. It's creamy, delicious, and has a host of health benefits, from improved digestion to heart health. Not to mention all the essential nutrients—like calcium—it provides.

The recommended daily intake of calcium for adults is 1,000 to 1,200 milligrams, and just one cup of nonfat yogurt provides 488 mg. In addition to calcium's well-known role in bone health, the heart, muscles, and nerves also need this essential mineral to function properly.

But if you're bored with your daily yogurt, this isn't the only calcium-rich snack option. Here are some other healthy snacks that nutritionists recommend that have more calcium than a cup of yogurt.

Canned sardines with cheese

Tuna isn't the only seafood snack you can eat – sardines are another delicious fish that deserves a spot on your menu. Not only are they a great source of protein and heart-healthy omega-3 fatty acids, they're also exceptionally high in calcium. Most of the calcium in our bodies – over 99% – is stored in our bones. And the same is true for fish. Sardine bones are soft and edible, so when you enjoy sardines, you're taking in the calcium

stored in their bones.

A can of sardines provides a whopping 351 mg of calcium. While this is only slightly less than the total amount of calcium you can get from a cup of yogurt, you can easily boost your calcium intake by adding some cheese.



Chia seed pudding

Chia seeds not only help you poop easier, but they're also surprisingly high in calcium. Just about 2 tablespoons of chia seeds provide 179 mg of calcium, or 14 percent of your daily needs. Soaking chia seeds in milk to make pudding adds extra calcium. Of course, any mix-ins you add for extra protein or flavor can also boost your calcium intake. For example, this protein-packed peanut butter and blueberry chia seed pudding provides an impressive 729 mg of calcium for a breakfast serving, but even when reduced a bit for snacking, it still has the edge over regular yogurt.

Cereals and milk

This convenient breakfast option is also a great calcium-rich snack, especially when you add a little milk. A serving of calcium-fortified roasted oatmeal provides about 100 mg of calcium. But when you add 1 cup of low-fat milk, the total calcium content of this snack increases to 414 mg of calcium, or 32% of the recommended daily intake.

Furthermore, cow's milk isn't the only type of milk that can be fortified with calcium. Non-dairy alternatives like soy milk, almond milk, and even oat milk are often fortified with calcium to help you get enough calcium in your daily diet.



Green smoothie

Dark leafy greens are a great source of calcium, but munching on a handful of greens as a snack isn't very appealing. An easy way to make them more palatable is to add a handful to a smoothie. And if you add other calcium-rich ingredients to the mix, like chia seeds and almond milk, the calcium content will increase significantly!

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