

Sources of Calcium on the Carnivore Diet

DAIRY	CALCIUM	% DV
Full-cream milk (one cup, 244ml)	276mg	28%
Full-fat yogurt (one cup, 245g)	296mg	30%
Full fat kefir (200g)	240mg	24%
Mozzarella cheese (100g)	505mg	50%
Colby cheese (100g)	685mg	69%
Cheddar cheese (100g)	721mg	72%
SEAFOOD (100g serving)	CALCIUM	% DV
Atlantic sardine	382 mg	38%
Pink salmon	277 mg	28%
Red salmon	221 mg	22%
Jack mackerel	241 mg	24%
European anchovy	232 mg	23%
BONES (1gram serving)	CALCIUM	% DV
Cattle dry rib bones	204 mg	20%
EGGSHELLS (1 gram serving)	CALCIUM	% DV
Eggshell powder	390 mg	39%
MEAT, POULTRY & EGGS (100g serving)	CALCIUM	% DV
Pork chop	8 mg	1%
Beefsteak	16 mg	2%
Lamb chop	20 mg	2%
Bison steak	6 mg	1%
Chicken	14 mg	1%
Egg, whole	56 mg	6%

Source: Collated from various source, please read [How to Get Calcium on the Carnivore Diet?](https://allthingscarnivore.com/how-to-get-calcium-on-the-carnivore-diet/) (allthingscarnivore.com) for more detail.

For more information on how to get enough calcium on the carnivore diet and how to make your own calcium supplement from eggshells and bones, please visit allthingscarnivore.com and read [this post](#).