



# Non-Dairy Sources of Calcium

*Aim for 1,000 mg of calcium each day!*



Protein Foods Group		Vegetables Group		Fruits Group	
Food	Ca (mg)	Food	Ca (mg)	Food	Ca (mg)
Sardines with bones (3 oz)	325	Spinach, cooked (1/2 cup)	136	Calcium-fortified juice (1 c)	350
Salmon with bones (3 oz)	180	Collard greens, cooked (1/2 c)	133	Rhubarb, cooked (1/2 c)	174
Ocean perch (3 oz)	116	Turnip greens, cooked (1/2 c)	124	Figs, dried (3 pieces)	82
Tofu with calcium (3 oz)	30-100	Okra, cooked (1/2 c)	89	Orange, medium (1 each)	52
Soy beans, cooked (1/2 c)	88	Bok choy, cooked (1/2 c)	79	Blackberries (1 c)	46
Rainbow trout (3 oz)	73	Mustard greens, cooked (1/2 c)	52	Avocado, raw (1 each)	33
Almonds (1 oz)	72	Kale, cooked (1/2 c)	47		
White beans (1/2 c)	71	Broccoli, cooked (1/2 c)	36		

  

Dairy Group		Grains Group		Other Foods	
Food	Ca (mg)	Food	Ca (mg)	Food	Ca (mg)
Calcium-fortified soy milk (1 c)	350	Calcium-fortified cereal (1 oz)	200-300	Blackstrap molasses (1 Tbsp)	177
Calcium-fortified soy yogurt (1 c)	300	Calcium-fortified oatmeal (1/2 c)	110		
Calcium-fortified rice milk (1 c)	283				

Source: Adapted from The Clemson University Cooperative Extension Service, Clemson, South Carolina and Understanding Nutrition, 9<sup>th</sup> Edition, Whitney & Rolfes, © 2002.



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