

Calcium Sources



The best way to get enough calcium from non-dairy foods is to choose a variety from the following list. You can also use a combination of food sources and a Calcium supplement.

Food Item	Portion	Calcium
<i>Cooked Beans & Their Products</i>		
Soy Beans	½ cup	90 mg
White Beans	½ cup	65 mg
Navy Beans	½ cup	60 mg
Hummus	½ cup	60 mg
Black Turtle Beans	½ cup	50 mg
Chick Peas/Pinto Beans	½ cup	40 mg
Red Kidney Beans	½ cup	25 mg
Miso Paste	2 tbsp	25 mg
Tempeh	2 tbsp	20 mg
<i>Cooked Vegetables</i>		
Kale	½ cup	100 mg
Turnip Greens	½ cup	95 mg
Beet Greens	½ cup	85 mg
Bok Choy	½ cup	75 mg
Okra	½ cup	75 mg
Dandelion	½ cup	55 mg
Yellow/Green Beans	½ cup	55 mg
Mustard Greens	½ cup	50 mg
Rutabaga	½ cup	40 mg
Broccoli	½ cup	35 mg
Tomatoes	½ cup	35 mg
Parsnip	½ cup	30 mg
Carrots	½ cup	25 mg
Cabbage	½ cup	25 mg
Onions	½ cup	20 mg
Collard Greens	½ cup	15 mg
<i>Grains</i>		
Boiled Amaranth	½ cup	150 mg
Whole Wheat Flour	1 cup	40 mg
Whole Wheat or White Bread	1 slice	20 mg

Food Item	Portion	Calcium
<i>Fruits</i>		
Orange	1 Medium	55 mg
Dried Figs	2 Medium	30 mg
<i>Non-Dairy Drinks</i>		
Fortified Non-Dairy Beverage	1 cup	300 mg
Regular Soy Beverage	1 cup	20 mg
<i>Other Foods</i>		
Egg	1 egg	27 mg
Brown Sugar	1 cup	180 mg
Blackstrap Molasses	1 tbsp	145 mg
Regular Molasses	1 tbsp	40 mg
<i>Seafoods</i>		
Canned Salmon with Bones	½ can	220 mg
Sardines	11 small	210 mg
Oysters	½ cup	120 mg
Steamed Scallops	7	105 mg
Canned Shrimp	½ can	75 mg
<i>Asian Foods</i>		
Tofu (made with Calcium)	½ cup	100 mg
Dried Seaweed (Hijiki)	1 tbsp	80 mg
Dried Seaweed (Agar)	1 ½ tbsp	75 mg
Dried Seaweed (Laver or Nori)	3 sheets	15 mg
Dried Seaweed (Wakame)	¼ cup	10 mg
<i>Nuts & Seeds</i>		
Whole Sesame Seeds	2 tbsp	175 mg
Tahini	2 tbsp	125 mg
Dry Roasted Almonds	¼ cup	90 mg
Almond Butter	2 tbsp	85 mg
Brazil/Hazelnuts	¼ cup	65 mg

Notes

*1 cup of milk has 300 mg of Calcium.