

Non-Dairy Sources of Calcium

Calcium Content per 8 ounces/1 cup

Vegetables

- Bok choy, cooked 330 mg
- Bean sprouts 320 mg
- Spinach, cooked 250 mg
- Collard greens, cooked 260 mg
- Mustard greens, cooked 450 mg
- Turnip greens, cooked 450 mg

Nuts

- Almonds 660 mg
- Chestnuts 600 mg
- Filberts 450 mg
- Walnuts 280 mg
- Sesame seeds 900 mg
- Sunflower seeds 260 mg

Approximate Milligrams of Calcium per 3 1/2 oz. (100 gm)

Nut Butters

- Almond 270 mg
- Filbert 195 mg
- Sesame 426 mg
- Sunflower 120 mg
- Peanut 40 mg

Fish

- Raw oysters 300 mg
- Shrimp 130 mg
- Salmon with bones 490 mg
- Mackerel, canned with bones 680 mg
- Sardines, canned with bones 1000 mg

Grains

- Tapioca, dried 300 mg
- Brown rice, cooked 20 mg
- Quinoa, cooked 80 mg
- Corn meal, whole grain 50 mg
- Rye flour, dark 40 mg
- Rye flour, light 20 mg

Beans

- Garbanzo beans, cooked 340 mg
- Soybeans, cooked 450 mg
- Tofu 400 mg

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Nut Milks

- Sesame butter (100 gm) + 2 Tbsp molasses + water = 400 mg
- Almond (100 gm) + honey + water = 300 mg
- Filbert + maple syrup + water = 200 mg

Misc.

- blackstrap molasses (1 tbsp) 130 mg
- carob flour (2 oz.) 110 mg
- dried figs (3 oz.) 100 mg
- dried apricots (3 oz.) 80 mg

RDA's

Children (1-10)	800 mg
Children (11-18)	1,000 mg
Men & Women (18 +)	1200 mg
Pregnant, lactating & Postmenopausal women	1,500 mg

How to maximize your calcium uptake and utilization:

- Eat a good healthy diet.
- Don't smoke!
- Add some vinegar or lemon juice to water cooking bones or beans.
- Sunshine or Vitamin D supplements are helpful.
- Exercise builds bones—do both anaerobic and aerobic.
- Avoid pop, too much red meat, sugar, and too much alcohol, all of which cause the body to lose calcium from bones.

FOOD VALUES, Harper & Row, Publishers, 1985
Sally Rockwell, Nutritionist
J. Mark Tillotson, N.D. '1990