

Non-Dairy Forms of Calcium

Men and women over age 51 need 1,200 mg of calcium daily.



Bok choy, cooked,
1 cup = 158 mg of
calcium



Broccoli, cooked, 2 cups = 124 mg
of calcium



Turnip greens, cooked, 1 cup = 197 mg
of calcium



Okra, raw, chopped,
1 1/2 cups = 123 mg of calcium

Okra, cooked, 1 cup = 124 mg
of calcium

Non-Dairy Forms of Calcium



Refried beans, 1 cup = 69 mg of calcium

Refried beans, 1 can = 128 mg of calcium



Kidney beans, all types, cooked, boiled, without salt, 2 cups = 124 mg of calcium



Soybeans, cooked, boiled, without salt, 1 cup = 261 mg of calcium

Soybeans, raw, 1 cup = 504 mg of calcium



Navy beans, cooked, boiled, without salt, 1 cup = 126 mg of calcium



Black beans, cooked, boiled, without salt, 2 cups = 92 mg of calcium

Non-Dairy Forms of Calcium



Blackberries, 2 cups = 84 mg of calcium



Apricots, dried, chopped,
1 1/2 cups = 108 mg of calcium



Kiwi, 2 cups, sliced = 122 mg of calcium



Prickly pear, raw, chopped,
1 cup = 83 mg of calcium



Fig, dried, chopped, 1 cup = 241 mg of calcium
Fig, raw, 5 fruits = 110 mg of calcium

Non-Dairy Forms of Calcium



Oranges, 1 fruit = 52 mg of calcium



Tangerine, 3 fruits = 99 mg of calcium



Brazil nuts, 2 oz. (12 nuts) = 90 mg of calcium



Almonds, 2 oz. (46 almonds) = 152 mg of calcium



Sesame seeds, whole, roasted and toasted = 90 mg of calcium

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Butternut squash, cooked, chopped, 1 1/2 cups = 124 mg of calcium



Spinach, raw, 4 cups (half a 10 oz. package) = 120 mg of calcium
Spinach, cooked, 1 cup = 245 mg of calcium



Mustard greens, cooked, 1 cup = 104 mg of calcium
Mustard greens, raw, 4 cups = 116 mg of calcium



Kale, raw, 1 cup, chopped = 90 mg of calcium
Kale, cooked, boiled, without salt, 1 cup = 100 mg of calcium

Non-Dairy Forms of Calcium

Fortified and enrich foods are foods in which calcium has been added



Dry ready-to-eat cereals, fortified = approximately 100 to 1000 mg of calcium per serving

Hot Cereal:

Cream of Wheat, enriched, 3/4 cup = 200 mg of calcium

Instant oatmeal, enriched, 1 pack = 187 mg of calcium



Bread, whole wheat, 2 slices = 104 mg of calcium



Chia seeds, dried, 1 oz. = 179 mg of calcium

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Coconut milk, sweetened, fortified with calcium and vitamins, 1 cup (8oz) = 451 mg of calcium



Almond milk, unsweetened, 1 cup (8oz) = 516 mg of calcium

Rice milk with 50% more calcium, 1 cup (8oz) = 300 mg of calcium



Lactose free milk, calcium enriched, 1 cup (8oz) = 300 mg of calcium

Non-Dairy Forms of Calcium



Soymilk, calcium added, 1 cup (8oz):

Regular = 301 mg of calcium

Low fat = 199 mg of calcium

Nonfat = 282 mg of calcium

Orange juice, enriched, 1 cup (8oz) =
300 mg of calcium



Lactose free yogurt:

Almond yogurt = approximately 200 to 450 mg of calcium per serving

Soy yogurt = approximately 250 to 500 mg of calcium per serving

Coconut yogurt = approximately 200 to 450 mg per serving of calcium

Lactose free yogurts = approximately 200 mg of calcium per serving

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Molasses, 2 tablespoon = 82 mg of calcium



Tofu firm, 1/2 cup = 253



Sardine, canned, in oil, drained solid with bones = 351 mg of calcium



Pink salmon, canned, drained solid with bone 3oz = 241 mg of calcium

Pink salmon, 1 can, skin and bones removed = 145 mg of calcium

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References

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