

Non-Dairy Sources of Calcium

Calcium in Fruits

Food Source	Serving	Calcium Milligrams
Apple	1 medium	9.5
Banana	1 medium	7
Cantaloupe	1 medium sliced	7.6
Pineapple, raw	1 medium sliced	6
Blackberries	1 cup	46
Grapes	1 cup	13
Kiwi	1 cup	46
Navel orange	1 medium	56
Orange	1 medium	52
Peach	1 medium	5
Strawberry	1 cup	20
Tomato	1 medium	32
Watermelon	1 medium sliced	23

Calcium in Vegetables

Food Source (Raw)	Serving	Calcium milligrams
Alfalfa sprouts	1 cup	10
Asparagus	1 cup	28
Beet greens	1 cup	46
Broccoli	1 cup	42
Cabbage	1 cup	32
Carrots	1 cup	30
Cauliflower	1 cup	28
Celeriac	1 cup	68
Celery	1 cup	44
Chicory Greens	1 cup	180
Collards	1 cup	218
Dandelion greens	1 cup	103
Kale	1 cup	94
Kale, scotch	1 cup	137
Lettuce, Romaine	1 cup	20
Lettuce, Looseleaf	1 cup	38
Mustard Greens	1 cup	58
Spinach Cooked	1 cup	245
Parsley	1 cup	78
Peas, edible pod	1 cup	62
Sweet peppers	1 cup	6
Pumpkin	1 cup	24
Radishes	1 cup	28
Rutabagas	1 cup	65
Summer Squash	1 cup	26
Zucchini Squash	1 cup	20
Turnips	1 cup	39
Turnip Greens	1 cup	105
Watercress	1 cup	40
Spinach Raw	1 cup	30

Calcium in Nuts and Seeds

Food Source	Serving	Calcium milligrams
Almonds	24(dried)	75
Brazil Nuts	8 (dried)	50
Carob Flour	1 cup	359
Pistachios	38 dried	38
Sesame seeds	1 tbsp	10
Sunflower Seeds	1 oz (dried)	33
Peanut Butter-natural	1 tbsp	7
Coconut (shredded)	1 cup	10
Cashew	1 oz	13
Macadamia	1 oz	20
Pecans	1 oz	10
Walnuts	1 oz	27
Pumpkin Seed	1 oz	12
Peanut	1 oz	25

Calcium in Beans/Soy Products

Food Source	Serving	Calcium milligrams
Soy milk, unfortified	8 oz	10
Soy milk, fortified	8 oz	200-500
Soy yogurt	6 oz	250
Tofu, not processed with calcium	3.5 oz	150
Tofu, processed with calcium	½ cup	258
Hummus	½ cup	62
Navy beans	½ cup	64
Great Northern Beans	½ cup	61
Vegetarian baked beans	½ cup	64
Chick peas	½ cup	40
Pinto beans	½ cup	40
Black beans	½ cup	23
Kidney beans	½ cup	25
Lentils	½ cup	20

Calcium in Sea Vegetables

Food Source	Serving	Calcium milligrams
Agar	1 ½ tablespoon	75
Hijiki	1 tablespoon	80
Laver/Nori	3 sheets	15
Wakame	3.5 ounces	150
Kelp	3.5 ounces	168

Calcium-Fortified/Functional Foods

Product Name	Serving Size	Calcium (mg)
Golden Grahams	30 g	350
Honey Nut Cheerios	30 g	100
Lucky Charms	30 g	100
Mult-Grain Cheerios	30 g	100
Total Corn Flakes	30 g	1000
Total Raisin Bran	55 g	1000
Nutr-Grain Twist Cereal Bar	1 bar	200
Quaker Fruit & Oatmeal Bar (Iced Raspberry)	1 bar	205
Eden Soy Extra: Organic Soy milk	1 cup	320
Organic Valley Organic Orange Juice	1 cup	300
Cranberry Juice Cocktail Plus	1 cup	100
Dole Orange Juice plus Calcium	1 cup	300
Swiss Miss Plus with Calcium	1 cup	300
Tropicana Orange Juice	1 cup	350
Tropicana Ruby Red Grapefruit Plus Calcium	1 cup	400
Minute Maid 100% Apple Juice	6.75 ounces	120

Crystal Light Tangerine Strawberry	2.5 g	200
Boost Nutritional Energy Drink: Chocolate Mocha	1 can	300
Ensure High Calcium	8 oz	400
homestyle/blueberry Eggo Waffles	2 waffles	100
Van's All Natural Mini Waffles	8 waffles	250
Eggo Waffles	2 waffles	300
I Can't Believe It's Not Butter Sweet Cream & Calcium	1 tablespoon	100
Shedd's Spread Country Crock Plus Calcium	1 tablespoon	100
Regular Wonder Bread	2 slices	129
Kamut Kriep	¾ cup	200
All Bran	1 cup	150
Special K Plus	1 cup	600
Life	¾ cup	110
Basic 4	55 grams	250
Fiber One	30grams	100
Grapefruit Juice Calcium	1 cup	250
Minute Maid Orange Juice	8 ounces	350

SAMPLE MENU

BREAKFAST:

3/4 c Honey Nut Cheerios	100 mg
1/2 c Calcium Fortified Soy Milk	150 mg
8 oz Calcium Fortified Orange Juice	300 mg
1 Banana	7 mg

SNACK:

6 oz Vanilla Soy Yogurt	250 mg
1/2 c Strawberries	10 mg

DINNER:

3 oz Baked Chicken	15 mg
1 c Brown Rice	20 mg
1 c Broccoli	42 mg
3 Dried Figs	80 mg

SNACK:

24 Almonds	75 mg
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LUNCH:

1 c Vegetable and Barley Soup	80 mg
1 c Spinach Salad	56 mg
1 oz Sunflower Seeds	33 mg
1/4 c Tofu	129 mg
1/4 c Kidney Beans	13 mg
1/4 c Carrots	11 mg
1/4 c Tomato	2 mg
Dressing	
Oatmeal Raisin Cookie	15 mg

SNACK:

Nutrigrain Twist Bar	200 mg
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TOTAL CALCIUM: 1598

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