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NON-DAIRY SOURCES OF CALCIUM

Calcium Content per 8 oz. (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 3TBSP. (50 gm)

Nut Butters

- Almond 135 mg
- Filbert 95 mg
- Sesame 215 mg
- Sunflower 60 mg
- Peanut 20 mg

How to maximize your calcium uptake and utilization:

- Eat fresh foods
- Add some vinegar or lemon juice to water when cooking bones or beans
- Sun exposure (15-20 minutes per day) helps with calcium absorption as well as Vitamin D supplementation
- Exercise builds strong and healthy bones, so stay active!

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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

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 +) 800 mg
- Pregnant, lactating & postmenopausal women 1,200 mg