

Non-Dairy Sources of Calcium

What is calcium?

Calcium is one of many minerals we need to stay healthy. Calcium makes our bones and teeth healthy and strong. It also helps muscles and nerves work properly.

Why choose non-dairy sources of calcium?

Some people don't drink milk or eat yogurt and cheese. They may:

- have an allergy to dairy products;
- not be able to digest the lactose in dairy products;
- not like dairy products; or
- not use dairy products for ethical or religious reasons.

If you do not use dairy products, you need to get calcium from other foods.

How much calcium do you need?

Age	Calcium you need each day
19-50 years old1000 mg
51-70+ years old1200 mg

Why is vitamin D important?

Vitamin D helps your body absorb calcium. There are only a few non-dairy foods that give us vitamin D:

- Egg yolks
- Fish
- Liver
- Fortified foods and beverages have vitamin D added to them.

For example, non-dairy margarine and fortified soy drinks.

If you don't eat many of these foods, think about taking a supplement. If you take a multi-vitamin, it may contain vitamin D. Read the label to find out. Vitamin D can also be obtained from small exposures to sunshine.

How much vitamin D do you need?

Age	Vitamin D you need each day
0-50 years old200 IU
50-70 years old400 IU
71+ years old600 IU















How can you get enough calcium from non-dairy sources?

Choose your food carefully. Turn this sheet over to see a list of foods that include calcium. If you do not eat enough of these foods, you might need to take a calcium supplement.



Non-Dairy Sources of Calcium

To compare, 1 cup of 2% cow's milk has about 300 mg of calcium.

	Size of one serving	Amount of Calcium in each serving (mg)	
Legumes			
Tofu (made with calcium)	100 g (1/3 cup)	100	
Tofu (made with nigari)	100 g (1/3 cup)	105	
Soybeans, cooked	1/2 cup	90	
White beans, cooked	1/2 cup	65	
Hummus	1/2 cup	60	
Navy beans, cooked	1/2 cup	60	
Pinto beans or chick peas, cooked	1/2 cup	40	
Nuts and Seeds			
Whole sesame seeds	2 Tablespoons	175	
Tahini	2 Tablespoons	125	
Almonds, dry roasted	1/4 cup	90	
Almond butter	2 Tablespoons	85	
Brazil or hazelnuts	1/4 cup	65	
Vegetables			
Kale, cooked	1/2 cup	100	
Turnip greens, cooked	1/2 cup	95	
Beet greens, cooked	1/2 cup	85	
Bok choy, cooked	1/2 cup	75	
Okra, frozen, cooked	1/2 cup	75	
Dandelion greens	1/2 cup	55	
Yellow, green, or waxed beans	1/2 cup	55	
Mustard greens, cooked	1/2 cup	50	
Rutabaga, cooked	1/2 cup	40	
Broccoli, cooked	1/2 cup	35	
Tomatoes, canned	1/2 cup	35	
Parsnips, cooked	1/2 cup	30	
Fish			
Sockeye salmon, canned with bones	100 g	230	
Pink salmon, canned with bones	100 g	210	
Sardines	11 small	210	
Oysters	1/2 cup	120	
Scallops, steamed	7 scallops	105	
Shrimp, canned	1/2 cup	75	
Fruit			
Orange	1 medium	55	
Dried figs	2 medium	30	
Non-Dairy Drink			
Fortified rice or soy beverage	1 cup	300	
Grains			
Amaranth, boiled	1/2 cup	150	
Whole wheat flour	1 cup	40	
Other foods			
Blackstrap molasses	1 Tablespoon	145	
Regular molasses	1 Tablespoon	40	

TIP
Calcium makes our bones and teeth healthy and strong.