

Significant Food Sources of Calcium

Calcium is the most abundant mineral in the human body, playing important roles in bone health, transmission of nerve impulses and muscle contractions. Although dairy is an obvious source of calcium, many people do not tolerate dairy products. Through attention to food choices, it is possible to obtain recommended amounts of calcium without consuming dairy products. For example: 8 oz of fortified soymilk and a few ounces of firm tofu (made with calcium sulfate) supply over 50% of the recommended daily calcium intake. Depending on gender and age, recommended daily intake of calcium varies from 800 mg to 1,500 mg.

	Amount	Milligrams
Soy Products		
Tofu with Ca sulfate, firm	3-4 oz	600
Tofu with Ca sulfate, regular	3-4 oz	350
Westsoy® Plus Soymilk	8 oz	360
Edensoy® Extra Soymilk	8 oz	240
Tofu with nigari	3-4 oz	122
Dairy Products		
Yogurt, skim	8 oz	375
Goat milk	8 oz	326
Cow milk, 1%	8 oz	300
Yogurt, whole	8 oz	274
Swiss	1 oz	272
Provolone	1 oz	214
Monterrey	1 oz	212
Mozzarella	1 oz	180
Feta	1 oz	140
Parmesan, grated	2 Tbsp	138
Cheddar	1 oz	103
Vegetables		
Broccoli	1 cup	178
Wax beans	1 cup	174
Bok choy	1 cup	160
Collards	1 cup	148
Dandelion greens, raw	1 cup	104
Mustard greens, boiled	1 cup	104
Kale, boiled	1 cup	94
Acorn squash, baked	1 cup	90
Grains		
Amaranth	½ cup	138
Teff (grain), cooked	½ cup	138
Amaranth flour	¼ cup	102
Teff flour	¼ cup	102
Quinoa flour	¼ cup	81
Garbanzo bean flour	¼ cup	81
Tortilla, lime treated	1 tortilla	60

	Amount	Milligrams
Beans		
Navy	½ cup	60
Black turtle	½ cup	52
Nuts and Seeds		
Tahini	2 Tbsp	125
Sesame seeds	1 Tbsp	104
Almond butter	2 Tbsp	86
Almonds	½ oz (8-10 nuts)	40
Sea Vegetables		
Kelp	1 cup, raw	134
Wakame	1 cup, raw	120
Kombu	1 cup, raw	134
Nori	1 cup, raw	131
Fish with bones		
Atlantic sardines, canned	3 oz	324
Salmon, canned	3 oz	134
Miscellaneous		
Blackstrap molasses	1 Tbsp	140