

CALCIUM CONTENT FOR DAIRY FREE DIETS

	Volume	Weight (g)	Calcium Content (mg)
Legumes and foods made from Legumes (2)			
Tofu, if prepared with calcium phosphate (check label)	½ cup	124	100-320
Fortified non-dairy beverages	½ cup	125	125-250
Hummus	½ cup	122	81
Tempeh (fermented soy product)	½ cup	83	77
Black turtle, navy, pinto white beans	½ cup	93	41-81
Seeds and nuts			
Whole sesame seeds	2 Tbsp	56	176 #
Tahini (sesame butter)	2 Tbsp	56	128
Almond butter	3 Tbsp	48	129
Almonds, dry roasted	1/3 cup	42	120-176
Vegetables			
Broccoli, cooked ~	1 cup	156	178
Okra, frozen, cooked ~	1 cup	184	176
Chinese cabbage, cooked ~	1 cup	170	158
Collard greens	1 cup	190	148
Mustard greens, cooked ~	1 cup	140	104
Kale, cooked ~	1 cup	130	94
Rutabaga, cooked #	1 cup	170	72
Pak Choi	1 cup		200
Rhubarb	1 cup		348
Watercress (raw)	1 cup		53
Parsley (raw)	1 cup		122
Fruits			
Figs, dried	5 medium	94	135
Orange	1 medium	140	56
Calcium-fortified orange juice 1/2 cup	125		up to 150 mg
Seaweeds (Sea Vegetables)			
Hijiki, dry	¼ cup	10	162
Wakame, dry	¼ cup	10	104
Kombu (kelp)	1 cup		305
Agar agar (dry flakes)	1 cup		400
Other Foods			
Blackstrap molasses	1 Tbsp	20	137
Calcium-fortified tortillas	1 serving		20-150
Fish (bones)			
Tinned sardines with bones	3 ½ oz (99 g) can		300
Salmon (canned)	1 cup		431
Oyster (raw)	1 cup		226
Mineral waters varies accordingly check labels			

For people eating fish: Fish with small bones are a very good source of calcium: eg. White bait, tinned sardines with small bones and anchovies with bones (cooked).

Please Note :

Good sources of absorbable calcium (tofu if prepared with calcium phosphate, check label) (cooked and raw)turnip greens, mustard greens, kale, white beans, broccoli, almonds, green cabbage, watercress and Brussels sprouts (1). Also seaweeds are a very good source of calcium if cooked in soups.

*RDA between age 11-24 and pregnancy/lactation 1200 mg x day – DRI 1000mg x day – age 25-51 RDA 800mg x day – DRI 1200mg x day (3).

only 1/5 of this is absorbed because sesame seeds are high in phytate, which prevent absorption of calcium.

~ The cooked vegetables of this kind are better source of calcium than raw because they contain oxalate which prevents absorption of calcium.

- 1) Langley G. (1995) Vegan Nutrition. Vegan Society: London
- 2) Vesanto M. et al (1995) Becoming a vegetarian. Book Publishing Company: Summertown.
- 3) Groff J.L. & Gropper S.S. (2000) Advanced Nutrition and Metabolism (3rd ed). Wadsworth Thomson Learning: London.
- 4) Northrup C. (2001) The Wisdom of Menopause. Judy Piatkus (Publishers) Ltd.: London.