

HIGH CALCIUM FOODS

Most times when a person thinks of foods high in calcium, dairy products usually come to mind. While dairy products **are** high in calcium, it is important to remember that other foods can contain high levels of calcium. Especially for those who are lactose intolerant, finding non-dairy sources of calcium is very important

Non-Dairy Sources of Calcium

Sesame Seeds

¼ cup = 351 mg calcium

Collard Greens

1 cup (boiled) = 266 mg calcium

Spinach

1 cup (boiled) = 245 mg calcium

Blackstrap Molasses

1 Tbsp. = 137 mg calcium

Kelp

1 cup (raw) = 136 mg calcium

Broccoli

2 cups (boiled) = 124 mg calcium

Brazil Nuts

2 ounces (12 nuts) = 90 mg calcium

Celery

2 cups (raw) = 81 mg calcium

Almonds

1 ounce (23 nuts) = 75 mg calcium

Papaya

1 medium = 73 mg calcium

Flax Seed

2 Tbsp. = 52 mg calcium

Oranges

1 medium = 52 mg calcium

- For the content of calcium in dairy products, please see food label on product.