

NON-DAIRY SOURCES OF CALCIUM

RDA's

* Children (1-10)	800 mg
* Children (11-18)	1,000 mg
* Men & Women (18 +)	800 mg
* Pregnant, lactating, postmenopausal	1,200-1,500 mg

FISH – Calcium Content per 3 oz

• Raw oysters	138 mg
• Shrimp	117 mg
• Chinook Salmon, baked	316 mg
• Salmon, canned w/ bones	185 mg
• Halibut	179 mg
• Mackerel, baked	236 mg
• Pacific cod, baked	190 mg
• Sardine, canned with bones	372 mg
• Sea bass	211 mg

VEGETABLES - Calcium Content per cup

• Bok choy, cooked	330 mg
• Bean sprouts	320 mg
• Broccoli	177 mg
• Dandelion greens	147 mg
• Spinach, cooked	245 mg
• Beet greens	164 mg
• Collard greens, cooked	357 mg
• Mustard greens, cooked	450 mg
• Turnip greens, cooked	249 mg
• Kale	179 mg

GRAINS - Calcium Content per 8 oz. (1 cup)

• 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 - Calcium Content per 8 oz. (1 cup)

• Garbanzo beans, cooked	340 mg
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• Soybeans, cooked	450 mg
• Tofu	400 mg
• Refried beans, canned	141 mg

NUTS - Calcium Content per 8 oz. (1 cup)

• Almonds	660 mg
• Chestnuts	600 mg
• Filberts	450 mg
• Walnuts	280 mg
• Sesame seeds	900 mg
• Sunflower seeds	260 mg

NUT BUTTERS - Approximate Milligrams of Calcium per 3 1/2 oz. (100 gm)

• Almond	270 mg
• Filbert	195 mg
• Sesame	426 mg
• Sunflower	120 mg
• Peanut	40 mg

NUT MILKS - Approximate Milligrams of Calcium per 3 1/2 oz. (100 gm)

• Sesame butter (100 gm) + 2 Tbsp molasses + water = 400 mg
• Almond (100 gm) + honey + water = 300 mg
• Filbert + maple syrup + water = 200 mg

MISCELLANEOUS

• blackstrap molasses (1 tbsp)	130 mg
• carob flour (2 oz.)	110 mg
• dried figs (3 oz.)	100 mg
• dried apricots (3 oz.)	80 mg

HOW TO MAXIMIZE YOUR CALCIUM UPTAKE AND UTILIZATION:

- Eat fresh foods
- Calcium is best absorbed in an acidic environment. Therefore to stimulate secretion of digestive juices, including hydrochloric acid in the stomach, sip lemon water 10-15 minutes before meals
- Reduce/eliminate intake of soda pop & other sources of excess phosphoric acid which deplete the bones & body of calcium
- For every 2300 mg of sodium (Na+) consumed, 20-30 mg of calcium is loss in the urine. Therefore it is prudent to moderate salt intake in the diet.
- Sunshine or Vitamin D supplements are helpful. Weight-bearing exercises builds & maintains strong bones