

Non-Dairy Calcium Sources

Food (calcium content varies by brand)	Approximate Calcium (mg)
Sardines, canned in oil, with bones (3 oz)	325
Orange juice, fortified (6 oz)	261
Tofu, firm (1/2 cup)	253
Salmon, canned with bones (3 oz)	181
Rhubarb, cooked (1/2 cup)	174
Spinach, cooked from frozen (1/2 cup)	146
Collards, cooked (1/2 cup)	133
Navy beans, cooked (1 cup)	126
Okra, cooked (1 cup)	123
Ready-to-eat cereal, fortified (1 cup)	100-1000
Turnip greens, cooked (1/2 cup)	99
Kale, cooked (1 cup)	94
Soybeans, cooked (1/2 cup)	88
Baked beans, canned, plain (1 cup)	86
Almonds (1 oz or about 24 nuts)	75
Chinese cabbage, bok choy, raw (1 cup)	74
White bread (1 slice)	73
Figs, dried (2 figs)	62
Tortilla, corn (one 6" diameter)	46
Broccoli, raw (1/2 cup)	21

Source: USDA, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>.

How Much Calcium Do I Need?

Age	Daily Recommendation (mg/day)
1-3	700
4-8	1000
9-18	1300
19-50	1000
Postmenopausal women	1200
Pregnant or lactating women	1000-1300
70+ years men & women	1200

Source: Dietary Reference Intakes for Calcium & Vitamin D, Institute of Medicine and National Academies of Sciences, 2011.

