



## 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 receive 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 calcium intake. Depending on gender and age, recommended daily intake of calcium varies from 800 mg to 1,500 mg.

	Amount	Milligrams
<b>Soy Products</b>		
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
<b>Dairy Products</b>		
Non-fat	8 oz	377
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**

Bok choy	1 cup	330
Spinach	1 cup	244
Broccoli	1 cup	178
Beans, wax	1 cup	174
Beet greens, boiled	1 cup	165
Collards	1 cup	148
Dandelion greens, raw	1 cup	104
Mustard greens, boiled	1 cup	104
Chard, boiled	1 cup	102
Kale, boiled	1 cup	94
Squash acorn, 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

**Beans**

Navy	½ cup	64
Great northern	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**

Sardines Atlantic, canned	3 oz	324
Salmon, canned	3 oz	134

**Miscellaneous**

Blackstrap molasses	1 Tbsp	140
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## Educational Program

How many calories you need per day to keep your cells healthy?

For Information, call us: (514)-848-1135

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