

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

<b>Soy Products</b>	<b>Amount</b>	<b>Milligrams</b>
Tofu with Ca sulfate, firm	3-4 oz	600
Tofu with Ca sulfate, regular	3-4 oz	350
Fortified Soymilk (check labels)	8 oz	240-360
Tofu with nigari	3-4 oz	122
<b>Dairy Products</b>		
Yogurt, skim	8 oz	375
Goat milk	8 oz	326
Ricotta,	4 oz. (½ cup)	337
Cow milk, 1%	8 oz	300
Yogurt, whole	8 oz (1 cup)	274
Swiss cheese	1 oz	272
Provolone	1 oz	214
Monterey Jack cheese	1 oz	212
Mozzarella cheese	1 oz	180
Feta cheese	1 oz	140
Parmesan, grated	2 Tbsp	138
<b>Vegetables</b>		
Turnip greens	1 cup	197
Broccoli	1 cup	178
Wax beans	1 cup	174
Bok choy and Chinese cabbage	1 cup	160
Collards	1 cup	148
Dandelion greens, cooked	1 cup	147
Mustard greens, cooked	1 cup	104
<b>Grains</b>		
Teff (grain), cooked	½ cup	138
Amaranth flour	¼ cup	102
Teff flour	¼ cup	102
<b>Nuts and Seeds</b>		
Tahini	2 Tbsp	128
Sesame seeds, roasted and toasted	1 Tbsp	140
Sesame seeds, dried	1 Tbsp	88
<b>Sea Vegetables</b>		
Kelp	1 cup, raw	134
Wakame	1 cup, raw	120
Kombu	1 cup, raw	134
Nori	1 cup, raw	131
<b>Fish with bones</b>		
Atlantic sardines, canned	3 oz	324
Salmon, canned	3 oz	134
<b>Miscellaneous</b>		
Blackstrap molasses	1 Tbsp	140