

# NON-DAIRY CALCIUM SOURCES

Daily Recommended Intake: Approx. 1,000mg for adults

FOOD ITEM	SERVING SIZE	APPROX. CALCIUM	CATEGORY
Fortified Soy/Almond Milk	1 cup (240ml)	300 - 450 mg	Fortified
Tofu (set with calcium sulfate)	1/2 cup	430 mg	Legumes
Sardines (with bones)	3.75 oz can	325 mg	Seafood
Collard Greens (cooked)	1 cup	265 mg	Vegetables
Chia Seeds	2 tbsp	180 mg	Seeds
Canned Salmon (with bones)	3 oz	180 mg	Seafood
Kale (cooked)	1 cup	175 mg	Vegetables
Dried Figs	1/2 cup	120 mg	Fruit
Almonds	1/4 cup	95 mg	Nuts

<b>FOOD ITEM</b>	<b>SERVING SIZE</b>	<b>APPROX. CALCIUM</b>	<b>CATEGORY</b>
Broccoli (raw)	1 cup	<b>45 mg</b>	<b>Vegetables</b>

Values are approximate. Always consult with a healthcare provider for nutritional guidance.