

TOP NON DAIRY SOURCES OF CALCIUM

Vegetables	Calcium content mg
Bok choy	795 mg per 100 calories
Mustard greens, cooked	495 mg per 100 calories
Collard greens, cooked from frozen	357 mg per cup
Spinach, cooked from frozen	245 mg per cup**
Turnip greens, cooked from frozen	197 mg per cup
Celery, raw	250 mg per 100 calories
Broccoli, steamed	164 mg per 100 calories
Kale, cooked from frozen	93.6 mg per cup
Butternut squash	84 mg per cup
Arugula	32 mg per cup

****NOTE:** Spinach, Swiss chard & rhubarb have high oxalate content which binds the calcium rendering it much less available to the body. Cooking reduces the oxalate content but does not eliminate it. The *Brassica* family (broccoli, kale, bok choy, cabbage, mustard, turnip greens, etc.) do not accumulate oxalate as do spinach, Swiss chard, etc. and have calcium bioavailability on par with that from milk.

OTHER TOP NON DAIRY FOOD SOURCES OF CALCIUM

Food	Serving	Calcium content (mg)
Sardines, in oil w/ bones	3 oz	325
Dried figs	8 figs	241
Chia seeds	2 tbs	179
Blackstrap molasses	1 tbs	172
Chinese cabbage, cooked	1 cup	158
White beans	½ cup	96
Sesame seeds	1 tbs	88
Orange	1 large	74

DRINK YOUR CALCIUM

Gerolsteiner water (Trader Joe's carries) contains 126 mg calcium per 12 fluid oz (along with some magnesium and bicarbonate).

Sources

Ross, A.C., Caballero, B., Cousins, R.J., Tucker, K.L., Ziegler, T.R., *Modern Nutrition in Health and Disease*, 11th ed. Philadelphia, PA: Lippencott, Williams & Wilkens.

Colbin, A. (2009). *The Whole Food Guide to Strong Bones*. Oakland, CA: New Harbinger Publications, Inc.

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