

## Calcium Sources

<b>Food Sources</b>		<b>Calcium Content (mg)</b>
Non-dairy milks	1 cup	200-350
Sardines	3 oz	200-325
Collards	1 cups	265
Spinach	1 cup	245-290
Turnip greens	1 cup	195-250
Salmon	3 oz	180
White beans	1 cup	190
Kale	1 cup	95-180
Okra	1 cup	125-175
Soybeans	1 cup	175
Beet greens	1 cup	165
Bok Choy	1 cup	160
Tofu	3 oz	130
Navy beans	1 cup	125
Northern beans	1 cup	120
Seaweed	1/3 cup	100
Tahini	1 tbsp	108
Almonds	1 oz	85
Kelp	1/3 cup	65
Brazil nuts	1 oz	45