

An abundant variety of healthful and nutrient rich foods will satisfy our Calcium requirements.

MILLIGRAMS OF CALCIUM IN WHOLE FOODS approximated to the nearest 0 or 5

	mg in 1 cup raw	mg in 1 cup cooked
VEGETABLES		
Beet greens	45	165
Bok Choy	75	160
Broccoli	40	70
Brussels Sprouts	35	55
Carrots	35	
Chinese Cabbage (Napa)	60	160
Collard Greens	50	150
Cauliflower		35
Kale, Turnip Greens	95	165
Mustard Greens	60	100
Okra	80	175
Broccoli Raab	140	
Potato	20	20
Sweet Potato	70	70
Squash	80	80

SEAWEED	in 1 cup dry
Arame, Hijiki, Wakame	400

GRAINS	in 1 cup cooked
Brown Rice	25
Quinoa	100
Amaranth	300

LEGUMES	in 1 cup cooked
Adzuki	65
Black (Turtle) Beans	100
Garbanzo beans (Chickpeas)	80
Great Northern	120
Kidney Beans	90
Lima	50
Navy	130
Pinto	80
Soybeans	175
Vegetarian Baked Beans	130

NUTS AND SEEDS	in 1 oz
Pistachio	40
Almonds	75
Sesame	40
Sunflower	20
Walnuts	25

FRUITS	(see amount)
1 medium fig	30
1 orange	50
1 papaya	70
1 banana	5
1 pear	20

MILLIGRAMS OF CALCIUM IN PROCESSED FOODS

	mg
TOFU	in 1/2 cup
Tofu Extra Firm (Calcium set)	270
Tofu Soft	195
Tempeh 4 oz	225

NON DAIRY MILKS (Fortified)	in 1 cup
Rice Dream Enriched	300
Soy Dream Enriched	300
Edensoy Extra	200
Vitasoy Enriched	300
Silk unsweetened	600

OTHER BEVERAGES (Fortified)	in 1 cup
Orange Juice	300

MISCELLANEOUS	in 1 tbsp
Blackstrap Molasses	175

DAIRY	in 1 cup
Whole Cow's Milk	275
Yogurt	275
Cheddar cheese 1 oz	100
(Human milk for comparison -	80)