**Non -Dairy Sources of Calcium**

**Food, Standard Amount Calcium (mg)**

Fortified ready-to-eat cereals (various), 1 oz 236-1043

Soy beverage, calcium fortified, 1 cup 368

Sardines, Atlantic, in oil, drained, 3 oz 325

Tofu, firm, prepared with nigari , ½ cup 253

Pink salmon, canned, with bone, 3 oz 181

Collards, cooked from frozen, ½ cup 178

Molasses, blackstrap, 1 Tbsp 172

Spinach, cooked from frozen, ½ cup 146

Soybeans, green, cooked, ½ cup 130

Turnip greens, cooked from frozen, ½ cup 124

Ocean perch, Atlantic, cooked, 3 oz 116

Oatmeal, plain and flavored, instant, fortified, 1 packet 99-110

Cowpeas, cooked, ½ cup 106

White beans, canned, ½ cup 96

Kale, cooked from frozen, ½ cup 90

Okra, cooked from frozen, ½ cup 88

Soybeans, mature, cooked, ½ cup 88

Blue crab, canned, 3 oz 86

Beet greens, cooked from fresh, ½ cup 82

Pak-choi, Chinese cabbage, cooked from fresh, ½ cup 79

Clams, canned, 3 oz 78

Dandelion greens, cooked from fresh, ½ cup 74

Rainbow trout, farmed, cooked, 3 oz 73

Non-Dairy Sources of Calcium

Food, Standard Amount Calcium (mg)

|  |  |
| --- | --- |
| Fortified ready-to-eat cereals (various), 1 oz | 236-1043 |
| Soy beverage, calcium fortified, 1 cup | 368 |
| Orange Juice, calcium fortified, 1 cup | 350 |
| Sardines, Atlantic, in oil, drained, 3 oz | 325 |
| Tofu, firm, prepared with nigari , ½ cup | 253 |
| Pink salmon, canned, with bone, 3 oz | 181 |
| Collards, cooked from frozen, ½ cup | 178 |
| Molasses, blackstrap, 1 Tbsp | 172 |
| Baked beans, canned, 1 cup | 154 |
| Spinach, cooked from frozen, ½ cup | 146 |
| Soybeans, green, cooked, ½ cup | 130 |
| Turnip greens, cooked from frozen, ½ cup | 124 |
| Ocean perch, Atlantic, cooked, 3 oz | 116 |
| Oatmeal, plain and flavored, instant, fortified, 1 packet | 99-110 |
| Cowpeas, cooked, ½ cup | 106 |
| White beans, canned, ½ cup | 96 |
| Kale, cooked from frozen, ½ cup | 90 |
| Okra, cooked from frozen, ½ cup | 88 |
| Soybeans, mature, cooked, ½ cup | 88 |
| Blue crab, canned, 3 oz | 86 |
| Beet greens, cooked from fresh, ½ cup | 82 |
| Pinto beans, cooked, 1 cup | 82 |
| Pak-choi, Chinese cabbage, cooked from fresh, ½ cup | 79 |
| Clams, canned, 3 oz | 78 |
| Dandelion greens, cooked from fresh, ½ cup | 74 |
| Rainbow trout, farmed, cooked, 3 oz | 73 |
| Bread, white, 1 slice | 73 |
| Oranges, 1 cup | 72 |
| Walnuts, 1/4 cup | 70 |
| Almonds, 1 oz | 70 |

Recommended Daily Allowances (RDAs)

Children 1-3 years 500 mg/day

Children 4-8 years 800 mg/day

Pregnant and lactating <18 years 1300 mg/day

Males and females 9-18 years 1300 mg/day

Males and females 19-50 years 1000 mg/day

Pregnant and lactating >18 years 1000 mg/day

Males and females >50 1200 mg/day