

Gluten-free, Dairy Free Sources of Calcium

300-600 mg calcium	200 mg calcium	100 mg calcium	75 mg calcium	50 mg calcium
Sardines, 1 can in oil, drained (570mg)	Apple juice, calcium fortified 8 oz	Kale, <u>cooked</u> , 1 cup	Almond butter, 2 tablespoons	Navy beans, Northern or black beans, ½ cup cooked
Fortified orange juice, 1 cup (500 mg)	Blackstrap molasses, 1 tablespoon	Soybeans, 1 cup <u>cooked</u> 125 mg	Chickpeas (garbanzo beans), 1 cup <u>cooked</u>	Vegetarian baked beans, ½ cup cooked
Fortified soymilk, 8 oz, (340 mg)	Tofu, calcium set, ½ cup	Instant oatmeal, 1 package	Bok choy or mustard greens, ½ cup <u>cooked</u>	Orange
Spinach, 1 cup <u>cooked</u>	Calcium fortified breakfast cereal, 1 oz	Dried figs, 5	Dandelion greens, 1/2 cup <u>cooked</u>	¾ cup raw arugala
V-8, calcium fortified, 1 cup	Black eyed peas, cooked, 1 cup	Teff grain, 1 cup <u>cooked</u> (123 mg)	Okra, 1/2 cup <u>cooked</u>	Trout/ salmon, 1 cooked fillet
Fortified rice milk, 8 oz (280 mg)	Chia seeds, 2 TBSPs (200 mg)	Sesame seeds, dried, 1 TBSP	Tahini, 1tablespoon	Ground flax seed, 3 tablespoons
Turnip greens, 1 cup <u>cooked</u> =(288mg)		Edamame, 1 cup prepared	Broccoli, 1 cup <u>cooked</u> (62 mg)	Larabar (<u>not</u> PB, cashew or coconut varieties)
Collard greens, 1 cup <u>cooked</u> (250 mg)		Almonds, ¼ cup		Mesquite flour: 40 mg per ¼ cup
		Swiss chard, 1 cup <u>cooked</u>		Carob pwr, 2 TBSP(40 mg)

Also: Seaweed contains variable amounts of calcium.

Sources: USDA Database, LARAbar. Updated Aug 2010. Some values are rounded, and this information may change!