Windhorse Naturopathic Clinic

Calcium Content of Foods

Food	Calcium (milligrams)	Food	Calcium (milligrams)
Vegetables (1 cup)			
Bok choy, cooked	330	Collard green, cooked	260
Bean sprouts	320	Mustard greens, cooked	450
Spinach, cooked	250	Turnip greens, cooked	450
Swiss chard, cooked	125	Kale, cooked	94
Beet greens, boiled	165	Broccoli, raw	160
Dandelion greens, boiled	146	Parsley, boiled (1/4 cup)	228
Okra, boiled	100	Rutabaga greens	100
Nuts & Seeds (1/4 cup)			
Almonds	165	Walnuts	70
Chestnuts	150	Sesame seeds	225
Filberts (hazelnuts)	113	Sunflower seeds	65
Pistachios, shelled	76	Soybean nuts, dry roasted	116
Nut & Seed Butters (2 Tbsp)			
Almond	86	Sesame	42
Cashew	14	Sunflower	39
Beans (1 cup cooked)			
Garbanzo	340	Soybean	175
Pinto	80	Black beans	80

Navy beans	160	Cannellini	80
Black-eyed peas	212	Refried beans, canned	118
Tofu, firm	516	Tempeh	154
Fish (3 oz)			
Raw oysters, 12 medium	76	Salmon, canned with bones	181
Shrimp	33	Sardines, canned with bones	325
Dairy			
Goat milk	315	Skim milk	300
Whole milk	290	Yogurt	270
Cottage cheese	230	Ice cream	200
Swiss cheese, 1 oz.	260	Cheddar cheese, 1 oz	215
Miscellaneous			
Dried figs, 3 oz.	100	Carob flour, 2 oz.	110
Dried apricots, 3 oz	80	Blackstrap molasses, 1 tbsp	130
Dates, 10	124	Amaranth grain, boiled	276
Teff, grain or flour	407		

Non-Dairy Sources of Calcium
Calcium Content per 8 ounces/1 cup

Vegetables

- Bok choy, cooked 330 mg
- Bean sprouts 320 mg
- Spinach, cooked 250 mg
- Collard greens, cooked 260 mg
- Mustard greens, cooked 450 mg
- Turnip greens, cooked 450 mg
- Beet greens, boiled 165 mg

- Swiss chard, cooked 125 mg
- Dandelion greens, boiled 146 mg
- Okra, boiled 100 mg
- Broccoli, raw 160 mg
- Parsley, boiled (1/4 cup) 228 mg
- Ruttabaga greens 100 mg
- Kale, cooked 94 mg

Nuts

- Almonds 660 mg
- Chestnuts 600 mg
- Filberts (hazelnuts) 450 mg
- Walnuts 280 mg
- Sesame seeds 900 mg
- Sunflower seeds 260 mg

Approximate Milligrams of Calcium per 3 1/2 oz. (100 gm)

Nut Butters

- Almond 270 mg
- Filbert (Hazelnut) 195 mg
- Sesame 426 mg
- Sunflower 120 mg
- Peanut 40 mg

Fish

- Raw oysters 300 mg
- Shrimp 130 mg
- Salmon with bones 490 mg
- Mackerel, canned with bones 680 mg
- Sardines, canned with bones 1000 mg

Grains

- Tapioca, dried 300 mg
- Brown rice, cooked 20 mg
- Quinoa, cooked 80 mg
- Corn meal, whole grain 50 mg

- Rye flour, dark 40 mg
- Rye flour, light 20 mg

Beans

- Garbanzo beans, cooked 340 mg
- Soybeans, cooked 450 mg
- Tofu, firm 400 mg
- Black eyed peas 212 mg
- Navy beans 160 mg

Nut Milks

- Sesame butter (100 gm) + 2 Tbsp molasses + water = 400 mg
- Almond (100 gm) + honey + water = 300 mg
- Filbert + maple syrup + water = 200 mg

Misc.

- blackstrap molasses (1 tbsp) 130 mg
- carob flour (2 oz.) 110 mg
- dried figs (3 oz.) 100 mg
- dried apricots (3 oz.) 80 mg

RDA's

Children (1-10)	800 mg
Children (11-18)	1,000 mg
Men & Women (18 +)	1200 mg
Pregnant, lactating & postmenopausal women	1,500 mg

How to maximize your calcium uptake and utilization:

- Don't smoke!
- Add some vinegar or lemon juice to water cooking bones or beans.
- Sunshine or Vitamin D supplements are helpful.
- Exercise builds bones—do both anaerobic and aerobic.
- Avoid soda, too much red meat, sugar, too much alcohol, all of which cause the body to lose calcium from bones.