

12 Non-Dairy Foods

High in *CALCIUM*

Daily recommendation for calcium 1000-1200mg

1 cup milk= 296mg calcium

1. Spinach: 1 cup= 245 mg



2. Broccoli: 2 cups= 124 mg



3. Swiss Chard: 1 cup= 102mg



4. Kale: 1 cup= 94 mg



5. Collard Greens: 1 cup= 266mg



6. Sesame Seeds: ¼ cup= 351mg



7. Almonds: 1 ounce= 75mg



8. Flax Seeds: 2 tbsp= 52mg



9. Orange: 1 medium= 52mg



10. Celery: 2 cups= 81mg



11. Papaya: 1 medium= 73mg



12. Brazil Nuts: 2 ounces= 90mg

