



# Vitality Natural Health Centre

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## High Calcium, Non-Dairy Food Sources

Milk is a good source of calcium, however it is certainly not the optimal way to get your daily dose. Why not make healthier choices to ensure that you get the calcium you need to maintain healthy & strong bones!

### Best Food Sources

Sesame Seeds

Figs, especially dried

Almonds

Beet Greens

Broccoli

Seaweeds: (Kelp, Agar, Irish, Moss and Dulse)

Turnip Greens

Watercress

### Other Good Sources

Apple

Banana

Dates

Peach

Pear

Prunes

Raisins

Raspberries, Black

Citrus Peel

Swiss Chard

Squash (Pumpkin, Yellow Squash, Scallop, Zucchini)

Oats

Filberts

Brazil Nuts

Miso

Artichokes

Brussel Sprouts

Cabbage

Celery

Cress

Fennel

Parsley

Amaranth

Barley

Buckwheat

Millet

Rye

Kale

Brown Rice

Legumes (especially dried): Lima beans, Mung beans, Pinto beans, Soybeans, Red beans, White beans, Garbanzos, Lentils, Split Peas

Rice Bran

Wheat Bran

Tofu

**Recommended Non-Dairy Sources of Calcium are approximate values for 1 cup, unless otherwise noted, and calcium value is in milligrams.**

### Vegetables (cooked)

Beet Greens	164	Dandelion Greens (raw)	103	Rutabaga	115
Bok Choy	157	Kale	163	Snap/Wax Beans	57
Broccoli	72	Mustard Greens	103	Squash, acorn	64
Brussel Sprouts	56	Okra (cooked, frozen)	176	Squash, butternut	84
Carrots (raw)	34	Parsley (1/2 cup)	203	Sweet Potato	32
Chinese Cabbage	158	Parsnips	57	Turnip Greens (raw)	104
Collard Greens	152	Rapini (raw)	137	Watercress (1/2 cup)	151

### Beans/Legumes (cooked)

Adzuki Beans	64	Lima Beans	53	White Beans	160
Black/Turtle Beans	102	Navy Beans	127	Tofu (extra firm, ½ cup)	270
Garbanzo/Chickpeas	80	Pinto Beans	82	(firm, ½ cup)	257
Great Northern Beans	120	Refried Beans (canned)	116	(regular, ½ cup)	130
Kidney Beans	86	Soybeans (cooked)	175	(soft, ½ cup)	195
		(roasted)	235		

### Fruits

Apricots	90	Figs (1 medium, dried)	27	Raisins (seedless)	82
Currants (black)	61	Orange (1 medium)	48-60	Kiwi	20
Dates	90	Papaya	73		

### Nuts and Seeds

Almonds (1 cup ground)	252	Brazil Nuts (6-8 nuts)	50	Sesame Butter/Tahini (1 tbsp)	64
(1 cup, whole)	377	Hazelnuts/Filberts (dry,roasted)	55	Sunflower Seeds (25g hulled)	19
Almond Butter (1 tbsp)	43	Pistachio (47 nuts, fresh)	38	Walnuts (25g)	26
				Sesame Seeds (25g)	280

### Flour

Amaranth	184	Soy (defatted)	240	Whole Wheat	48
		(full-fat)	160		

### Whole Grains (cooked)

Amaranth	298	Brown Rice	66	Quinoa	102
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### Dry Seaweed (25g)

Arame, Hijiki, Kelp, Kombu, Nori, Wakame	375-450
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### Miscellaneous

Carob Flour (1 tbsp)	28	Bluefish	23	Corn Bread (50g slice)	133
Maple Syrup	211	Salmon	79	Pita Bread (50g slice)	31
Molasses (Blackstrap, 1 tbsp)	176				

### Fortified Non-Dairy “Milks” (1 cup)

Edensoy Extra	200	Rice Dream Enriched	300	Sovex Better Than Milk	350
Health Valley Soy Moo	400	Westsoy Plus	300		
Harmony Farms Enriched Rice Drink	400	So Nice, ProSoya Milk	230	Westbrae Natural Rice	
Pacific Rice	150	Solait	300	Drink	250
Pacific Ultra-Plus/Lite	300	Sovex Better Than Milk (Lite)	500		