


Food Source	Serving Size	Calcium Content (mg.)
 NutritionWise		
Cow's milk (for comparison only)	1 cup	300
Almonds, dry roasted	1 oz.	80
Almond Butter	1 tbsp.	43
Beans, pinto, red or cranberry	1 cup	82-89
Beans, great northern or navy	1 cup	121-128
Beans, white	1 cup	161
Blackberries	1 cup	46
Blackstrap molasses	1 tbsp.	137
Brussel sprouts, boiled	1 cup	56
Chinese Cabbage, boiled	1 cup	158
Cabbage, green, boiled	1 cup	50
Calcium-fortified orange juice	8 oz.	250
Figs, dried	5 medium	135
Kale, boiled	1 cup	94
Mustard greens, boiled	1 cup	104
Oranges, navel	1 medium	56
Rutabaga, boiled	1 cup	72
Sesame seeds, unhulled	1 oz.	381
Sesame seed butter (tahini)	1 tbsp.	64
Soymilk	1 cup	200-300
Spinach, boiled	1 cup	244
Tofu, set with calcium, firm	½ cup	258
Tofu, set with calcium, med.	½ cup	130
Total cereal, General Mills	¾ cup	250
Turnip greens, boiled	1 cup	198