

NON-DAIRY FOOD SOURCES OF CALCIUM

Non-Dairy Food Sources of Calcium ranked by milligrams of calcium per standard amount, also calories in the standard amount. The bioavailability may vary. (The AI for adults is 1,000 mg/day.)

Food, Standard Amount	Calcium (mg)	Calories
Fortified ready-to-eat cereals (various), 1 oz	236-1043	88-106
Soy beverage, calcium fortified, 1 cup	368	98
Sardines, Atlantic, in oil, drained, 3 oz	325	177
Tofu, firm, prepared with nigari ^b , 1/2 cup	253	88
Pink salmon, canned, with bone, 3 oz	181	118
Collards, cooked from frozen, 1/2 cup	178	31
Molasses, blackstrap, 1 Tbsp	172	47
Spinach, cooked from frozen, 1/2 cup	146	30
Soybeans, green, cooked, 1/2 cup	130	127
Turnip greens, cooked from frozen, 1/2 cup	124	24
Ocean perch, Atlantic, cooked, 3 oz	116	103
Oatmeal, plain and flavored, instant, fortified, 1 packet prepared	99-110	97-157
Cowpeas, cooked, 1/2 cup	106	80
White beans, canned, 1/2 cup	96	153
Kale, cooked from frozen, 1/2 cup	90	20
Okra, cooked from frozen, 1/2 cup	88	26
Soybeans, mature, cooked, 1/2 cup	88	149
Blue crab, canned, 3 oz	86	84
Beet greens, cooked from fresh, 1/2 cup	82	19
Bok-choi, Chinese cabbage, cooked from fresh, 1/2 cup	79	10
Clams, canned, 3 oz	78	126
Dandelion greens, cooked from fresh, 1/2 cup	74	17
Rainbow trout, farmed, cooked, 3 oz	73	144