

## Dairy-Free Calcium Chart

Updated version of this information also available in Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living \* Calcium Content Shown in Milligrams \* SOY FOODS  
**FRUIT & JUICES**  
 Serving Size: 1 Cup  
 Serving Size: (unless noted)  
 1 Medium Soy Beans, cooked 261  
 Blackberries (1 cup) 46  
 Soy Flour, defatted 241  
 Figs, dried (10 medium) 269  
 Soymilk 93  
 Kiwi 46  
 Soymilk, calcium-fortified 368  
 Orange 56  
 Tempeh 184  
 Orange juice, calcium-fortified 300  
 Tofu, Firm, set with calcium 516  
 Papaya, raw 72  
 Tofu, Medium Firm, set with calcium 260  
 Raisins, Golden (2/3 cup) 53  
**GRAINS**  
**SEAFOODS**  
 Serving Size: 1 Cup  
 Serving Size: (unless noted)  
 3 Ounces  
 Amaranth Flour 300  
 Blue Crab, canned 86  
 Carob Flour 359  
 Clams, canned 78  
 Amaranth, cooked 276  
 Ocean Perch Atlantic, cooked 116  
 Quinoa, cooked 100  
 Oyster, dried (3 medium) 45  
 Rainbow Trout, cooked 73  
**BEANS**  
 Sardines, canned, drained 317  
 Serving Size: 1 Cup, Cooked  
 Shrimp, small dried (1 ounce) 167  
 Baked Beans 128  
 Black Turtle Beans 103  
**SALAD GREENS**  
 Great Northern Beans 121  
 Serving Size: 1 Cup  
 Mung Beans 56  
 Borage, raw 83  
 Navy Beans 128  
 Chicory Greens, raw 180  
 Refried Beans 88  
 Collard Greens, boiled 226  
 White Beans 161  
 Dandelion Greens, raw 103  
 Winged Beans 244  
 Kale, boiled 94  
 Yellow Beans 110  
 Lambsquarters, boiled 464  
 Lettuce, Looseleaf, raw 38  
**OTHER VEGETABLES**  
 Mustard Greens, boiled 104  
 Serving Size: (unless noted)  
 1 Cup, Cooked  
 Mustard Greens, frozen 152  
 Acorn Squash 90  
 Mustard Greens, raw 58  
 Artichoke (1 medium) 54  
 Parsley, raw 78  
 Asparagus 36  
 Turnip Greens, boiled 198  
 Bok Choy 158  
 Turnip Greens, raw 105  
 Broccoli 72  
 Watercress, raw 40  
 Brussel Sprouts 56  
 Burdock Root 61  
**NUTS & SEEDS**  
 Butternut Squash 84  
 Serving Size: (unless noted)  
 1 Ounce  
 Cabbage, Green 50  
 Almonds, roasted 80  
 Cabbage, Red 56  
 Brazil Nuts 45  
 Carrots 48  
 Sesame Seeds, whole, roasted 280  
 Cassava, raw 33  
 Almond Butter (1 Tablespoon) 43  
 Cauliflower 34  
 Almond Butter (1 Tablespoon) 64  
 Celery, raw 44  
 Chinese Broccoli 88  
**SPICES**  
 French Beans / Haricot Verts 111  
 Serving Size: 1 Tablespoon  
 Green Beans 58  
 Ground Basil 85  
 Kelp, raw 144  
 Cinnamon 74  
 Kohlrabi 40  
 Cloves 39  
 Okra 100  
 Dill Seed 91  
 Peas, edible pod 62  
 Mustard Seeds 58  
 Pumpkin, canned 64  
 Oregano 48  
 Radishes, raw, sliced 29  
 Rosemary 38  
 Rutabaga, cubed 82  
 Thyme 76  
 Seaweed, Agar, dried (1 Tablespoon) 50  
 Seaweed, Hijiki, dried (1 Tablespoon) 80  
**MOLASSES**  
 Squash, Summer 49  
 Serving Size: 1 Tablespoon  
 Sweet Potato, cubed 76  
 Molasses, Blackstrap 172  
 Turnips, cubed 51  
 Molasses, Light 33  
 Molasses, Medium 58  
**A Few Notes on Our Calcium Chart:**

- Most fruits, vegetables, seeds, and nuts contain some amount of calcium, but we have limited our selections to the class leaders.
- Spinach, Rhubarb, Beet Greens, and Swiss Chard are all very high in calcium. However, due to their very low absorption rates (approximately 5%), we have excluded them from our list.
- With the exception of Mung Beans, the dried Beans do have a fairly low absorption rate (approximately 17%), so we have limited our selections to those with over 100mg of calcium.
- For comparison, 1 cup of 2% cow's milk has 297 mg of calcium.