

Appendix 13: Dairy-Free Sources of Calcium

<i>Food Groups</i>	<i>Food</i>	<i>Serving Size</i>	<i>Calcium Content*</i>
Dairy	Milk	1 cup	352 mg
	Yogurt	½ cup	173-191 mg
	Cheese	1 oz	143-204 mg
Dairy Free	Homemade bone broth	1 cup	Unknown but highly bioavailable
	Sardines, canned with bones	3 oz	325 mg
	Collard greens, cooked	1 cup	266 mg
	Spinach, cooked	1 cup	245 mg
	Salmon, canned with bones	3 oz	203-249 mg
	Broccoli, cooked	2 cups	125 mg
	Almond butter	2 tbsp	111 mg
	Rhubarb	1 cup	105 mg
	Shrimp	4 oz	103 mg
	Chard, cooked	1 cup	102 mg
	Kale, cooked	1 cup	94 mg
	Almonds	1 oz (23 almonds)	75 mg
	Orange	1 large	74 mg
	Eggs	2	56 mg
	Dried figs	3	41 mg