

Non-Dairy Sources of Calcium

Good Nutrition **without** Milk



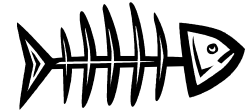
Why is Calcium Needed?

Calcium builds strong bones and teeth in growing children and adults. If the body does not get enough calcium bones can become soft and fracture more easily, teeth will decay more often and general health can become poor.

What Are Non-Dairy Sources of Calcium?

Non-dairy sources of calcium are foods that do not contain dairy or have very small amounts of dairy but are still good sources of calcium. These sources are lactose free, but not necessarily milk free. If you have a milk allergy, be sure to look at the ingredients on a nutrition label.

Choose several non-dairy sources of calcium for each meal. Here are some examples of non-dairy calcium-rich foods:



Excellent Sources		Calcium (in mg)
***Fortified Soy Milk	1 cup	321-324
***Fortified Almond Milk	1 cup	300
***Fortified Rice Milk	1 cup	319-345
***Fortified Orange Juice	1 cup	310
*Sardines with Bones	3 oz.	325
*Salmon with Bones	3 oz.	180
Tofu with Calcium Sulfate	4 oz.	205
***Fortified Cereals	1 cup	100-1000
***Fortified Instant Oats	1 packet	140
**Swiss Miss Fat-Free Cocoa Mix	1 packet	43
**Power Bar (all flavors)	1 bar	343
**Balance Bar	1 bar	100
Kellogg's Nutri-Grain Cereal Bar (all flavors)	1 bar	200
Blackstrap Molasses	1 Tbsp.	179

Good Sources		Calcium (in mg)
Broccoli	1 cup	60
Brussel Sprouts	1 cup	37
Spinach	1/2 cup	154
Kidney, Soy, White Beans	3/4 cup	89-130
Corn Tortillas	1 oz.	50
*Almonds	1/4 cup	93
Dried Figs	4 medium	65
Shrimp	3 oz.	77
Kale, Collard, Mustard, Turnip Greens	1/2 cup	95-189
Bok Choy	1 cup	160

* Bones and almonds are dangerous for young children because they can cause choking.

** Milk allergy alert!

***Always read the label to determine whether or not a food or beverage has been fortified.

Note: The listed serving sizes are for adults. **A child's serving size would be half of what is listed**

How Much Calcium Do I Need Each Day?

Age	1-3 years	4-8 years	9-18 years	19-50 years	51-70 years (males)	51-70 years (females)	Pregnant/ Breastfeeding 14-18 years	Pregnant/ Breastfeeding 19+ years
Daily Requirement	700 mg	1000 mg	1300 mg	1000 mg	1000 mg	1200 mg	1300 mg	1000 mg

How Can I Get Enough Calcium?

- Try calcium-fortified orange juice. One cup provides almost as much calcium as one glass of milk!
- Drink calcium-fortified soy or rice milk, or pair with calcium fortified cereals!
- Add dark, leafy greens to soups, salads, and casseroles.
- Eat canned sardines or salmon with bones at least once a week. (Do not give to young children, bones may cause choking).
- Choose corn tortillas instead of flour tortillas.
- Eat beans at least three times a week.
- Add broccoli, spinach or okra to casseroles and other main dishes.
- Eat almonds as a snack or add to other dishes such as rice or pasta salad. (Do not give to young children, nuts may cause choking).
- Try stir fry with broccoli, bok choy, kale, sprouts, tofu, shrimp and almonds.
- Try smoothies made with tofu and/or fortified rice or soy milk.

Nutritious, Calcium-Packed Recipes

Strawberry Banana Shake

1 cup	Orange juice or apple juice (calcium fortified)
1 cup	Frozen strawberries
1 small	Banana (ripe)
1 pkg (10.5 oz.)	Silken firm tofu, enriched with calcium
2 cups	Rice milk (calcium fortified)

Directions: Combine all ingredients in a blender. Whip until smooth. Serve cold. Makes 2 (10 oz.) servings.



Black Bean Quesadillas (4 servings)

1 can (15 oz.)	Black beans, rinsed and drained
¼ cup	Green or red tomatoes, chopped
3 tbsp.	Cilantro, chopped
12 each	Black olives, pitted and thinly sliced
8 each	6-inch corn tortillas
4 oz.	Shredded jalapeno-jack cheese or soy cheese
32 each	Spinach leaves, stemmed and finely shredded
4 tbsp.	Salsa

Directions: Preheat oven to 350 degrees. Mash beans in a large bowl. Stir in tomato, cilantro, and olives. Spread bean mixture evenly onto 4 tortillas. Sprinkle with cheese, spinach, and salsa. Top with remaining tortillas to make quesadillas. Place quesadillas on an ungreased baking sheet and bake for about 12 minutes, or until cheese melts. Or cook on a cast-iron griddle over medium heat. Turning once, until cheese melts. Cut into wedges and serve hot.