

CALCIUM RICH FOODS (highest amount to lowest)

| FOOD | SERVING | CALCIUM (MG) |
|-------------------------------------|----------------|---------------------|
| Unsweetened Almond Milk | 1 cup (8 oz) | 450 |
| Unsweetened Coconut Milk | 1 cup (8 oz) | 450 |
| Sesame Seeds | ¼ cup | 351 |
| Sardines (with bones) | 3.75 oz can | 351 |
| Yogurt | 1 cup | 296 |
| Collard Greens | 1 cup | 268 |
| Spinach | 1 cup | 245 |
| Cheese | 1 oz | 204 |
| Turnip Greens | 1 cup | 197 |
| Sockeye salmon (with bones) | 3 oz can | 188 |
| Molasses, blackstrap | 1 tablespoon | 180 |
| Mustard Greens | 1 cup | 165 |
| Beet Greens | 1 cup | 164 |
| Bok Choy | 1 cup | 158 |
| Almonds, raw | 2 oz | 150 |
| Cow's milk | 4 oz | 138 |
| Swiss Chard | 1 cup | 102 |
| Kale | 1 cup | 94 |
| Cabbage | 1 cup | 63 |
| Broccoli | 1 cup | 62 |
| Brussels Sprouts | 1 cup | 56 |
| Green Beans | 1 cup | 55 |
| Orange | 1 medium | 52 |
| Cinnamon | 2 tsp | 52 |
| Summer Squash (zucchini and yellow) | 1 cup | 49 |
| Fennel | 1 cup | 43 |
| Parsley | 1/2 cup | 42 |
| Asparagus | 1 cup | 41 |
| Celery | 1 cup | 40 |
| Romaine Lettuce | 2 cups | 31 |