



# Foods that Provide Calcium

Milk and dairy foods are a primary source of calcium, a nutrient that is important to help build strong bones. The daily recommended intake for calcium per age is:

Age	Amount (mg)
0-6 months	200
7-12 months	260-500
1-3 years	700
4-8 years	1,000
9-13 years	1,300
14-18 years	1,300
19-30 years	1,000

When you remove milk and dairy products from your diet, it is recommended to get calcium from other food sources. A calcium supplement is not always recommended, so discuss this topic with your doctor or dietitian.

## Other Food Sources with Calcium

- Silk® unsweetened almond milk, Silk® original oat milk, Silk® original coconut milk or Silk® unsweetened cashew milk (all vitamin-enriched): 1 cup = 450 mg
- Silk® original soy milk: 1 cup = 450 mg
- Ripple® plant-based milk: 1 cup = 440 mg
- Tofu (calcium-fortified): ½ cup = 434 mg
- Canned salmon: 5 ounces = 350 mg
- Silk® kids pea & oatmilk blend (vitamin enriched): 1 cup = 330 mg
- Calcium-fortified orange juice: 8 ounces = 300 mg
- Cooked greens: 1 cup = 94-268 mg



Cooked greens include kale, collard greens and turnip greens. Try steaming or sauteing these with seasoning for a quick side dish.

- Kelp (raw): 1 cup = 134 mg



Make a homemade smoothie or juice with kelp or add it to miso soup.

- Navy beans: 1 cup (cooked) = 126 mg
- Amaranth: 1 cup (cooked) = 116 mg



Amaranth is a grain that you can boil and eat like porridge.

- Calcium-fortified cereal: 1 cup = 100 mg

*\*Information from the Academy of Nutrition and Dietetics, GI Lactose Nutrition Therapy, Page 2.*