

Plant Foods High in Calcium

FOOD	AMOUNT	CALCIUM IN MG
almonds	1 ounce	80
arugula	1/2 cup	16
broccoli, cooked	1 cup	42
cabbage, cooked	1/2 cup	25
chickpeas	1 cup	80
flaxseeds	1 ounce	48
kale, cooked	1/2 cup	90
lentils	1 cup	38
navy & cannellini beans	1 cup	128
quinoa	1 cup	102
spinach, cooked	1/2 cup raw	30
sunflower seeds	1 ounce	34
sweet potato	1 medium	20
swiss chard, coked	1/2 cup	30
tahini, sesame seeds	1 ounce	128
tempeh	1 cup	184
tofu	1/2 cup	130
turnip or beet greens	1/2 cup	99

**** A sampling of calcium rich foods without the cow!