



## Non-Dairy Sources of Calcium

Calcium plays a critical role in supporting the body's important functions such as controlling the blood pressure and maintaining a regular heartrate. Ninety nine per cent of the body's calcium is stored in bones and teeth that makes up the 'bone bank'. Calcium is "deposited" and "withdrawn" from this bank every day. If your daily diet is low in calcium, it is "withdrawn" from the bone bank to achieve normal blood calcium levels. The daily needs of calcium and vitamin D based on age are listed below.

	<b>Age (in years)</b>	<b>Calcium (milligrams)</b>
Children	1-3	700
	4-8	1000
	9-18	1300
Men	19-70	1000
	>71	1200
Women	19-50	1000
	>51	1200

<b>Age</b>	<b>Vitamin D in International Units (IU) &amp; micrograms (mcg)</b>
Birth to 12 months	400IU or 10mcg
1 to 50years old	400-800IU or 10-20mcg

The most efficient way to get calcium is from the foods you eat. Your body absorbs calcium best in small amounts (600 mg or less at one time). Spread out the calcium you eat each day by choosing a calcium-rich food at each meal or snack. Dairy foods including milk, cheese and yogurt are excellent sources of calcium. However, a large proportion of world's population cannot tolerate lactose, the milk sugar in dairy products. Therefore, here are some non-dairy food items that are rich in calcium and vitamin-D.

<b>Food source</b>	<b>Calcium in milligrams (mg)</b>
1 cup cooked soybeans (edamame)	175mg
½ cup tofu fermented with calcium phosphate/sulfate	250mg
1 cup winged beans	244mg
½ cup kidney beans	60mg
¼ cup whole almonds	97mg
¼ cup brazil nuts	60mg
2 tbsp. chia seeds (dry)	130mg
1tbsp. tahini	60mg
1 cup cooked kale	177mg
1 cup cooked broccoli	62mg
1 cup cooked mustard greens	165mg
1 medium sized orange	48-65mg
1 cup almond milk	450mg
1 cup soy milk	350mg
1 cup orange juice	350mg
2 tbsp. blackstrap molasses	400mg
½ cup canned red salmon	260mg

**Foods fortified with Vitamin- D** – Salmon, tuna, fish oil, egg yolks, mushrooms exposed to UV light, orange juice, almond milk, soy-milk, soy yogurt and breakfast cereals. It is very important to read food labels correctly for portion sizes in order to estimate daily calcium and vitamin-D intake.

For more information about bone health visit [www.nysopep.org](http://www.nysopep.org) , email [info@nysopep.org](mailto:info@nysopep.org) or call the NYSOPEP resource center at Helen Hayes Hospital, West Haverstraw, NY at (845) 786-4772.

**New York State Department of Health**