Non-Dairy Calcium Sources

You can still get 100% of the calcium your body needs by eating a combination of other foods.

Helpful Hints About Calcium

Some people are lactose intolerant:
When a person is lactose intolerant, dairy foods often give them side effects like bloating, gas, or cramping. However, there are lots of other calcium sources that are non-dairy.

Choose calcium fortified foods like cereals, orange juice, and soy products:
These foods do not naturally have calcium, but have calcium added to them.

Other sources of calcium:
Almonds, sesame seeds, soybeans, collard greens, broccoli, and kale.

Be sure to check the Nutrition Facts Label:
All foods vary in the amount of calcium, so check the Percent Daily Value. Be sure to get 100% everyday.

Non-Dairy Calcium Sources

Fortified Cereal
40%
1 cup

Fortified Soy Milk
35%
1 cup

Fortified Orange Juice
25%
1/2 cup

Tofu with Calcium
20%
1/2 cup

Canned Salmon with Bones
18%
3 oz.

Spinach, Raw
12%
1/2 cup

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.