

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