

NON-DAIRY SOURCES OF CALCIUM

Calcium is one of the most abundant minerals in the human body. This mineral plays a vital role in overall health. Calcium is important for bone strength, muscle contraction, nerve transmission, and blood clotting. The Recommended Dietary Allowance (RDA) of calcium, woman ages 18 to 50, and men 18 to 70 need 1,000 milligrams (mg) of calcium. As a person ages and hormone levels drop, they need more calcium to reduce bone loss that can increase risk of fractures. For women age 50+ and men 70+, the RDA increases to 1,200 mg daily. So what if you cannot consume dairy due to allergies, sensitivities, or personal choices?



1 Kale

Kale is one of the best plant-based sources of calcium and provides 135mg of calcium per 100g. Kale contains a variety of different vitamins and minerals which include vitamin K, manganese, and vitamin A.

2 Almonds

Nuts are one of the highest non-dairy sources of calcium, and almonds offer the most calcium. Almonds contain 264mg of calcium per 100g, which is about 26% of the daily value. Almonds are sources of manganese, magnesium, copper, phosphorus, and vitamin E.

3 Chia Seeds

Chia seeds are a source of omega-3 and one of the most calcium-rich foods. Chia provides 631mg per 100g of calcium, which is 63% of the RDA. Chia seeds also provide manganese, phosphorus, and zinc into the diet.

4 Spinach

Spinach supplies 99mg per 100g of calcium, which is about 10% of the RDA. It is one of the most nutrient-dense vegetables. Spinach provides large amounts of vitamins A and K. It also provides folate, vitamin C, magnesium, manganese, and potassium.

5 Sardines

Sardines are one of the most calcium-rich foods. They contain 382mg calcium per 100g, which is about 38% of the RDA. Another benefit of sardines is that they contain a large amount of omega-3 fatty acid as well as selenium, vitamin B12, vitamin D, phosphorus, and vitamin B3.

6 Okra

Okra, a lesser known vegetable, has 81mg calcium in every 100g. It also contains significant amounts of manganese, vitamins A and K, and folate. Studies have shown that okra has high antioxidant potential as well as diabetes and liver-protective properties.

7 Canned Pink Salmon

Similar to sardines canned pink salmon is another great way to get calcium. Typically, the canned pink salmon comes with soft bones inside the can, providing that you do eat these bones, then canned pink salmon provides 277mg of calcium. It is also rich in a variety of other micronutrients like selenium, phosphorus, vitamin D, and vitamins B3 and B12.

