

Non-Dairy Calcium Sources

While most people are aware that dairy and dairy products are a good source of calcium in the diet, not everyone knows that there are many plant based foods that are naturally rich in the critical mineral or ones that provide a fortified source. For a number of reasons though, such as veganism and lactose intolerance, many people are avoiding dairy and products made with it.

If you're looking for non-dairy foods abundant in calcium, try these:

- Dark green leafy vegetables – turnip greens, kale, collards, bok choy, spinach
- Broccoli
- Dried figs
- Almonds
- Brazil nuts
- Sesame seeds
- Navy beans
- Soy beans
- Salmon with the bones
- Calcium-fortified:
 - Soy products – tofu made with calcium sulfate, yogurt
 - Milk substitutes – hemp, soy, almond, rice
 - Fruit juice
 - Breakfast cereals

