

# Non-Dairy Calcium Sources

*There are lots of plant foods to choose from!*

## Plant-Based Sources of Calcium

While most people are aware that dairy products are a good source of calcium, not everyone knows that many plant-based foods are also rich in this essential mineral. Some plant-based options even provide fortified sources of calcium.

For various reasons, including veganism and lactose intolerance, many individuals avoid dairy products. If you're looking for non-dairy foods abundant in calcium, consider the following options:

## Non-Dairy Foods Rich in Calcium:

- Dark green leafy vegetables – turnip greens, kale, collards, bok choy, spinach
- Broccoli
- Dried figs
- Almonds
- Brazil nuts
- Sesame seeds
- Navy beans
- Soybeans
- Salmon with the bones

## Calcium-Fortified Options:

- Soy products – tofu made with calcium sulfate, calcium-fortified yogurt
- Milk substitutes – hemp milk, soy milk, almond milk, rice milk
- Fruit juices – calcium-fortified varieties
- Breakfast cereals – calcium-enriched options



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