The HEALTH COACH GROUP

Non-Dairy Calcium Sources

Seeds
1 cup pumpkin 59mg, 1 tbsp poppy seeds 126mg, sesame seeds 9mg, hemp seeds 20mg per oz

Sardines - Canned Salmon
4 oz 350 mg and 3 oz 200 mg

Beans, canned
1/2 cup
50-70 mg

Beans, white
1/2 cup
95 mg

Hummus
1/2 cup
60 mg

Eggs
(2) eggs
50 mg

Soybeans, green – boiled
1/2 cup
90 mg

Tahini
2 tbsp
180 mg

Tempeh
1/2 cup
75 mg

Edamame
1/2 cup
155 mg

Tofu
1/2 cup
126 g

Gingerbread
2 1/2 oz.
50 mg

Pita bread
6 1/2 in
50 mg

Tortilla, corn
6 in
45 mg

Tortilla, flour
10 in
90 mg

Figs
(5) figs
135 mg

Orange
medium
65 mg

Dark Leafy Greens
example: 1 cup cooked collards
266 mg

Rhubarb
1 cup
87 mg

Amaranth
1 cup
116 gm

Molasses, blackstrap
1 tbsp
170 mg

Almonds, dry roasted
22 almonds
80 mg

+

Fortified foods and drinks
see labels

Sweet Potato
1 large
68 mg