

Marie Murphy Health & Fitness

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NON-DAIRY Calcium Rich Foods

FOODS	AMOUNT	CALCIUM (mg)
Sardines	7 sardines fillets	325
Collard Greens	1 cup boiled	266
Turnip Greens	1 cup boiled	249
Spinach	1 cup boiled	245
Salmon, canned	½ can	232
Firm Tofu	½ cup	227
Blackeye Peas	1 cup cooked	211
White Beans	1 cup canned	191
Kale	1 cup boiled	179
Soybeans	1 cup boiled	175
Okra	1 cup boiled	172
Cabbage	1 cup boiled	158
Bok Choy	1 cup cooked	158
Tempeh	1 cup cooked	154
Beans	1 cup baked	142
Blackstrap Molasses	1 tablespoon	137
Kelp	1 cup boiled	136
Figs	5 medium (dried or fresh)	135
Tahini	2 Tablespoons	128
Seaweed	1 cup raw	126
Shrimp	3 oz. canned	123
Crab	1 cup canned	123
Rhubarb	1 cup cooked	105
Almonds	¼ cup	97
Broccoli	1 cup cooked	94
Brazil Nuts	12 nuts	90
Sesame Seeds	1 tablespoon	88
Celery	2 cups raw	81
Oranges	1 medium	65
Enriched Rice milk and Soy milk	8 oz.	50

HOW MUCH CALCIUM DO WE NEED?

Age	Daily Calcium Requirement (this includes your diet and supplements)
19 to 50	1000 mg
50+	1200 mg
Pregnant or lactating women 18+	1000 mg