



Nutritional Frontiers

Customized Food Program

Non-Dairy Sources of Calcium

Vegetables

• Bok choy, cooked	330 mg
• Bean sprouts	320 mg
• Spinach, cooked	250 mg
• Collard greens, cooked	260 mg
• Mustard greens, cooked	450 mg
• Turnip greens, cooked	450 mg

Nuts

• Almonds	660 mg
• Chestnuts	600 mg
• Filberts	450 mg
• Walnuts	280 mg
• Sesame seeds	900 mg
• Sunflower seeds	260 mg

Nuts Butters

• Almonds	660 mg
• Chestnuts	600 mg
• Filberts	450 mg
• Walnuts	280 mg
• Sesame seeds	900 mg
• Sunflower seeds	260 mg

Fish

• Raw oysters	300 mg
• Shrimp	130 mg
• Salmon with bones	490 mg
• Mackerel, canned with bones	680 mg
• Sardines, canned with bones	1000 mg

Grains

• Tapioca, dried	300 mg
• Brown rice, cooked	20 mg
• Quinoa, cooked	80 mg
• Corn meal, whole grain	50 mg
• Rye flour, dark	40 mg
• Rye flour, light	20 mg

Beans

• Garbanzo beans, cooked	340 mg
• Soybeans, cooked	450 mg
• Tofu	400 mg

Misc

• blackstrap molasses (1 tbsp)	130 mg
• carob flour (2 oz.)	110 mg
• dried figs (3 oz.)	100 mg
• dried apricots (3 oz.)	80 mg

Nut Milks

• Sesame butter (100 gm) + 2 Tbsp molasses + water = 400 mg	
• Almond (100 gm) + honey + water = 300 mg	
• Filbert + maple syrup + water = 200 mg	

How to maximize your calcium uptake and utilization:

- Eat fresh foods
- Add some vinegar or lemon juice to water cooking bones or beans
- Sunshine or Vitamin D supplements are helpful
- Exercise builds bones

RDA's

Children (1-10)	800 mg
Children (11-18)	1,000 mg
Men & Women (18 +)	800 mg
Pregnant, lactating & postmenopausal women	1,200 mg

Sources: FOOD VALUES, Harper & Row, Publishers, 1985 Sally Rockwell, Nutritionist, J. Mark Tillotson, N.D. '1990



Nutritional Frontiers
breaking through nutritional boundaries

877.412.2566 • www.nutritionalfrontiers.com • 3191 Washington Pike • Bridgeville, PA 15017