

# DAIRY FREE CALCIUM SOURCES

Food	Serving Size	Calcium Content
Tahini	20g	310mg
Sardines	5 whole	286mg
Salmon (tinned)	1/2 cup with bones	220mg
Kale	2 cups raw	188mg
Backstrap molasses	1 tbsp	172mg
Prawns	1 cup	132mg
Mussels	6 whole	120mg
Dried figs	3 individual pieces	108mg
Tofu	80mg	96mg
Sesame seeds	1 tbsp	88mg
Bok choy	1 cup	74mg
Soy-beans, chickpeas, kidney beans	1/2 cup	70mg
Almonds	1/3 cup / 20 nuts	72mg
Spinach/silverbeet (raw)	1/2 cup	70mg
Dried apricots	10 halves	42mg
Oranges	1 whole	35mg
Broccoli	1 cup	25mg
Zucchini	100g	25mg