

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 |