

Top Calcium-Rich Foods Shopping List

With amount of calcium per 100g of each food unless noted.

Protein

- Canned Sardines**
382 mg
- Canned Sockeye Salmon with bones**
239 mg
- Tofu**
176-350 mg
- Tempeh**
111 mg
- Chicken Feet**
88 mg
- Mackerel**
71 mg
- Shrimp**
70 mg
- Liver Pate, Goose**
70 mg
- Eggs**
56 mg
- King Salmon**
55 mg
- Carp**
52 mg
- Snapper**
40 mg

Pantry

- Whey Protein**
698 mg
- Blackstrap Molasses**
400 mg per 2 tbsp
- Amaranth Grain and Leaves**
159-209 mg
- Oats**
58 mg
- Quinoa**
47 mg

Dairy

- Parmesan Cheese**
1268 mg
- Swiss Cheese**
1071 mg
- American Cheese**
526 mg
- Yogurt (amounts per 1 cup)**
 - **Greek Yogurt**, 400 mg
 - **Plain Yogurt**, 350 mg
 - **Low-fat Yogurt**, 300 mg
- Milk (amounts per 1 cup)**
 - **Cow's Milk, Whole, 2%, 1%, and skim** all provide 300 mg
 - **Goat's Milk**, 300 mg
 - **Rice Milk**, 283 mg
 - **Soy Milk (unfortified)**, 19 mg
 - **Nut Milks, (often fortified)**
101- 516 mg (almond, cashew, hazelnut, and macadamia)
- Cottage Cheese**, 88 mg

Nuts and Seeds

For comparison, 1 tbsp = 8-10 g

- Poppy Seeds ***
1438 mg
- Sesame Seeds**
975 mg
- Chia Seeds**
631 mg
- Tahini**
426 mg
- Almonds/Almond Butter**
264/250 mg

* One study suggests that you should consume no more than one teaspoon for every seven pounds of body weight when it comes to poppy seeds.

<https://www.ncbi.nlm.nih.gov/pubmed/19901868>

Vegetables

- Kale**
254 mg
- Collard Greens**
210 mg
- Turnip Greens**
188 mg
- Soybeans, Boiled**
145 mg
- Mustard Greens**
118 mg
- Broccoli Raab**
108 mg
- Bok Choy**
93 mg
- Okra**
77 mg
- Navy Beans**
62 mg
- Broccoli**
47 mg
- White Cannellini Beans**
46 mg

Fruit

- Dried figs**
162 mg
- Rhubarb**
86 mg
- Oranges**
43 mg

Avoid

- Excess salt
- Processed sugar
- Refined and processed foods
- Excess alcohol

Go Organic

- Choose organic and non-GMO produce wherever possible