



Non-Milk Calcium Containing Foods

In the table that follows, calcium requirements are expressed in 3 different ways. Because infants have not been the subjects of clinical trials, the levels of calcium are expressed in terms of adequate intake. For children and adolescents 1-18 years of age, levels are presented based on the recommended dietary allowance, which is the level of intake that meets the requirements of 97.5% of the population. The upper level intake is the safe "high end" of the scale. These, however, should not be used as a goal but as a cautionary note that high amounts of these nutrients have been linked to health problems like kidney stones and kidney and tissue damage.

| Age | Adequate Intake | Recommended Dietary Allowance | Upper Level Intake |
|-------------|-----------------|-------------------------------|--------------------|
| 0-6 months | 200 mg | --- | 1,000 mg |
| 6-12 months | 260 mg | --- | 1,500 mg |
| 1-3 year | --- | 700 mg | 2,500 mg |
| 4-8 year | --- | 1,000 mg | 2,500 mg |
| 9-18 year | --- | 1,300 mg | 3,000 mg |

| Food | Serving Size | Calcium Content |
|---|--------------|-----------------|
| Kale (raw) | 1 cup | 90 mg |
| Orange | 1 medium | 60 mg |
| Sardines (canned) | 3 oz | 325 mg |
| Soy milk | 1 cup | 300 mg |
| Quaker Instant Oatmeal (Apple Cinnamon) | 35 g packet | 105 mg |
| Sesame seeds | 1 oz | 280 mg |
| Soy beans (boiled) | 1 cup | 261 mg |
| Almonds | 1 oz | 80 mg |
| Salmon (canned) | 3 oz | 181 mg |
| White beans | ½ cup | 100 mg |
| Dried figs | 2 figs | 55 mg |
| Turnip Greens (boiled) | 1 cup | 200 mg |
| Arugula (raw) | 1 cup | 125 mg |
| Broccoli (cooked) | 1 cup | 180 mg |
| Tofu | 1 serving | 250 mg |
| Sunflower seeds (dried) | 1 oz | 50 mg |
| Organic blackstrap molasses | 2 tbsp | 400 mg |