



Natural Calcium From Foods

Since most Americans aren't getting enough nutrients through natural foods alone, they often rely on enriched foods and supplements. Sail down the grocery aisle and stock up on these items, au naturel!

1. White Beans *191 mg (19% DV) in 1 cup canned*

Creamy and light, these legumes are a great source of calcium and iron. Add them to a pasta dish with veggies, or skip the chickpeas and make your own hummus with white beans.

2. Canned Salmon *232 mg (23% DV) in ½ can with bones (which provides the calcium!)*

To avoid putting a dent in the wallet, canned salmon is a great way to go. Here's the catch: It's the bones in canned salmon that hold all the calcium, so they need to be mashed up right along with the salmon meat for all the benefits! For a boost of calcium *and* omega 3's, try these salmon cakes.

3. Sardines *321 mg (32% DV) in about 7 sardines fillets*

Sardines are one of the healthiest fish to munch on! Along with calcium, they also provide a hefty dose of omega 3's and vitamin D. Try adding them to a Greek salad or eat them straight out of the can.

4. Dried Figs *107 mg (10% DV) in 8 whole dried figs*

For a sweet treat, this dried fruit packs an antioxidant, fiber, and calcium punch. Eat them as a mid-day snack, or turn these delicious dried fruits into a creamy jam.

5. Bok Choy *74 mg (7% DV) in 1 cup*

This versatile Chinese cabbage provides a hefty dose of vitamins A and C, along with calcium and fiber. Stir-fry bok choy with garlic and olive oil for a perfect side dish. Double whammy, put the canned salmon in with it.

6. Blackstrap Molasses *172 mg (17% DV) in 1 tablespoon*

Blackstrap molasses is darker in color and richer in flavor than regular molasses, and is filled with calcium, iron, and other vitamins. Drizzle some on pancakes, or use it to make brown sugar.

7. Kale *188 mg (19% DV) in 2 cups raw (chopped)*

This superfood is filled with calcium and antioxidants, and is perfect to use as the base of any salad when shredded into thin strips. A kale salad with apricots and avocado is a perfect springtime dish.

8. Black-eyed Peas *185 mg (18% DV) in 1/2 cup canned*

These beans are filled with calcium, potassium, folate, and more! Skip the fat-filled mayo and whip up this black-eyed pea spread to pump up any sandwich or appetizer.

9. Almonds *72 mg (7% DV) in ¼ cup dry roasted (about 20 nuts)*

Almonds are the most nutritionally dense nut, packing crazy amounts of nutrients per calorie and ounce. Aside from calcium, they also contain potassium, vitamin E, and iron. Sprinkle on a salad or make your own almond butter. Just watch out for portion size!

10. Oranges *65 mg (6% DV) in 1 medium fruit*

Full of vitamin C and calcium, enjoy this fruit as a mid-morning snack, or use its citrus flavor to brighten up any dish, like these honey-orange carrots.

11. Turnip Greens *197 mg (20% DV) in 1 cup cooked (chopped)*

This leafy green comes from turnip bulbs, and is filled with calcium, antioxidants, and folate, which could help improve mood. Sauté them as a side dish, or spice things up and make a turnip tart.

12. Sesame Seeds *88 mg (9% DV) in 1 tablespoon*

These unassuming seeds are more than just a hamburger bun decoration. Sesame seeds can help lower blood pressure, reduce inflammation, and may even fight against certain cancers. Use their nutty crunch in a salad, or add to this sautéed spinach dish.

13. Seaweed *126 mg (13% DV) in about 1 cup raw*

Seaweed is full of calcium, fiber, and iodine, which helps with proper thyroid function. Bring a bowl of risotto up a notch with this seaweed recipe. Feel like keeping it classic? Try your hand at a classic miso soup.

14. Instant Oatmeal *187 mg (19% DV) in 1 cup*

Many cereals and grains are now fortified, including our favorite morning breakfast. And while the instant kind doesn't boast the same benefits as old-fashioned rolled oats, they're a quick breakfast option that's full of fiber and calcium. Just choose the kinds without added sugar.

15. Orange Juice *500 mg (50% DV) in 1 cup*

In moderation, fruit juice is a perfect pairing for morning pancakes or eggs! Enjoy a tall glass for calcium and vitamin C, or pour over a salmon fillet.

16. Soymilk *300 mg (30% DV) in 1 cup*

Soymilk is a great option for people who are lactose intolerant and contains more protein than regular milk. Pour in a morning bowl of cereal or add to coffee with some cinnamon.

17. Firm Tofu *861 mg (86% DV) in ½ cup*