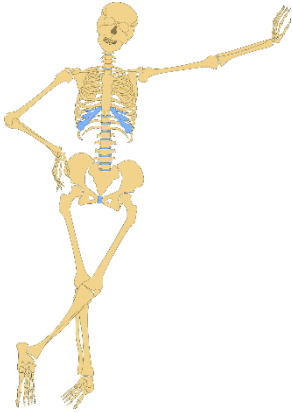


# Calcium-Rich Foods



For anyone who is reducing or cutting dairy out of their diet, whether temporarily or permanently, it's important to make sure you are covering your basis when it comes to calcium and bone support. Healthy bones need more than just calcium, but it is a crucial part of maintaining bone density. Magnesium is also hugely important, but luckily many foods which are high in calcium are also high in magnesium.

I've listed a few foods below that are particularly high in calcium so try and include as many of these foods into your diet on a regular basis. The recommended amount of calcium for an adult is 700mg per day.

- Tofu - **434mg** per ½ cup
- Sesame Seeds – 1 tbsp **90mg**
- Kale – **245mg** per cup (cooked)
- Sardines – **217mg** per 2oz
- Dried figs – **120mg** per ½ cup
- Edamame beans – **100mg** per cup
- Broccoli – **93mg** per 1.5 cups
- Okra – **82mg** per cup
- Oranges – **75mg** per orange
- Bok choy – **75mg** per cup
- White beans – **65mg** per ½ cup
- Watercress – **41mg** per cup
- Almonds – **76mg** per oz

## A Couple of Tips:

**Tofu** – this is clearly a good way to reach your required amount, but make sure you find marinated tofu that is set in calcium sulphate. You can find these in Waitrose and health food shops. Taifun is a good brand – but just check the label and it will say if it contains calcium sulphate. Marinate tofu is great in salads or just cut up a few strips and have as a snack.

**Fresh OJ** - Have a freshly squeezed orange juice once a day. Oranges contain a highly bioavailable form of calcium.

**Fresh Figs for Breakfast** – this is a great way to start the day for your digestion, and you get the added benefit of a good dose of calcium. You can always just chop some and add to muesli or add to a smoothie if you don't like eating them on their own.



**Sprinkle some Sesame** – you can add sesame seeds to salads, smoothies, or have a few spoonfuls of hummus (which contains tahini, made from sesame). Another way is to simply buy tahini and spread it on toast, add it to your smoothies, or try this delicious salad dressing below:

**Blend together:**

- 2 heaped tbsps tahini
- 1 Medjool date
- A generous splash of extra virgin olive oil or hemp oil
- 1 clove garlic – peeled
- Juice of half a lemon (you can add more if needed)
- Some salt and pepper
- A splash or two of cold water – you can adjust to desired consistency

This will keep in the fridge for a couple of days in an air tight container, but is best served fresh.

**A word on non-dairy milks.** Milk is a good source of calcium but unfortunately not all non-dairy milks have such high levels. If you are concerned about your calcium levels or are finding it hard to increase the foods above, then you may want to go for a brand that fortifies their milk, such as Alpro:



- Alpro Almond (unsweetened) 120mg per cup – both roasted and unroasted variety
- Alpro Oat Milk 120mg per cup
- Alpro Coconut Milk (unsweetened) 120mg per cup

Ecomil also do a Calcium Fortified Almond Milk but it is much more expensive – approx. £3. They are a better brand, so if you can afford to then this is the better option, but if this means you won't drink much then it might be better to go for quantity

over quality in this case.