



# 10 Dairy-Free Sources of Calcium



## Almonds

Almonds contain almost 100 mg of calcium per ounce. Almonds also may be beneficial for those with high cholesterol.



## Kale

This super-green is high in calcium, other minerals and antioxidants. Cook as a side dish or add to your salad if you need a calcium boost.



## Broccoli

Steam broccoli for a high-calcium side dish or add it raw to salads for an extra boost.



## Oatmeal

Oatmeal provides a significant amount of calcium. Just one packet of instant oatmeal provides about 100 mg.



## Black Eyed Peas

Not only are black eyed peas a good source of calcium, these little beans also contain potassium, folate and other nutrients.



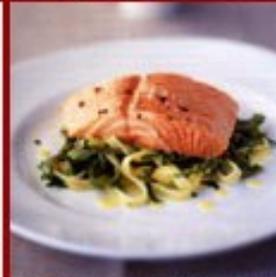
## Orange Juice

Enjoy a glass of orange juice with your breakfast and boost your calcium stores. Calcium-enriched OJ will provide even more of your daily needs.



## Blackstrap Molasses

Use molasses instead of syrup or sugar in some of your recipes to increase your calcium and iron intake. Molasses contains even more calcium than milk.



## Salmon

We already know salmon is a nutritious fish, loaded with essential fatty acids, but this fish is also rich in calcium and other minerals.



## Figs

Fresh figs are a good source of calcium. Four of them will give you more than 100 mg of calcium.



## Sesame Seeds

Sprinkle them on cereal or salads. Sesame seeds are not just high in calcium, but also provide fiber and unsaturated fat.

Courtesy of [www.iherb.com](http://www.iherb.com) and the iHerb Blog at [www.thehealthyhavenblog.com](http://www.thehealthyhavenblog.com)