

Calcium

Does a Body Good

You can get all the calcium your body needs without ever donning a milk mustache. Consider working more of these high-calcium foods into your diet. (We've included milk as a point of reference.)

	Food	Serving Size	Calcium Content
	Agar seaweed	3.5 oz.	625 mg
	Almonds (raw)	1 cup	378 mg
	Collards (frozen, cooked)	1 cup	358 mg
	Rhubarb (frozen, cooked)	1 cup	348 mg
	Sardines (canned with bones)	3 oz.	325 mg
	Spinach (frozen, cooked)	1 cup	291 mg
	Whole milk	1 cup	291 mg
	Sesame seeds (roasted)	1 oz.	280 mg
	Amaranth (cooked)	1 cup	270 mg
	Figs (dried)	10	269 mg
	Salmon (canned with bones)	3 oz.	181 mg
	White beans (cooked)	1 cup	161 mg
	Mustard greens (frozen, cooked)	1 cup	150 mg
	Arugula (fresh)	3.5 oz.	125 mg