

Nondairy Sources of Calcium*

It is important to understand that it is not enough that a food be high in calcium. The body has to be able to assimilate and utilize the calcium properly.

Food	Milligrams Calcium/100 Grams (3 1/2 oz)
VEGETABLES	
Beet greens, cooked	118
Broccoli cooked or raw	130
Chard, cooked	73
Collards, boiled, drained**	188
Dandelion greens, boiled, drained	187
Kale, boiled, drained	187
Kidney beans, cooked	40
Mustard greens, boiled, drained	138
Okra, cooked	82
Parsley	203
Parsnips, cooked	57
Rutabega, cooked	55
Turnip greens, boiled, drained	184
Turnips, cooked	40
Watercress	151
SEEDS	
Almonds	254
Brazil nuts	186
Peanuts, roasted	74
Raisins	62
Sesame seeds	1,160
Walnuts, roasted	83
SEAWEEDS	
Agar	567
Dulse	296
Hiziki	1,400
Kelp	1,093
Kombu	800
Wakame	1,300

* Sources: Benjamin T. Barton, *Human Nutrition*; USDA Handbook No. 8; and Michio Kushi, *The Book of Macrobiotics*.

** Spinach also has appreciable calcium values, but it is high in oxalic acid, which binds calcium and makes it hard to assimilate. Note that the most popular spinach dishes are served with cheese, eggs, or at least bacon—these help counteract the oxalic acid. Sunflower seeds also serve that purpose.