



Allergy Clinic of Western Kansas
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Non-Dairy High Calcium Foods

- Meat: Sardines, Salmon, Shrimp.
- Milk: Soy, Almond, and Rice.
- Fortified: Cereals, English muffins, Breads, and Orange Juice.
- Greens: Turnip Greens, Collard Greens, Spinach, Bok Choy, and Kale.
- Beans: Garbanzo, kidney, navy, soy, white, and even canned baked beans.
- Vegetables: Broccoli, Edamame, Rhubarb, Tofu, and Acorn Squash.
- Fruits: Papaya, Dried Figs, and Oranges.
- Nuts: Walnuts, Almonds, Cashews, and Hazelnuts.
- Nut Butters: Almond, Cashew, Hazelnut, Peanut, and Sesame.
- Seeds: Chia, Poppy, and Sunflower Seeds.
- Grains: Quinoa.

Recommended daily calcium intake:

Ages 2-3	700 mg
Ages 4-8	1000 mg
Ages 9-18	1300 mg
Ages 19-50	1000 mg
Ages 51-70 Men	1000 mg
Ages 51-70 Women	1200 mg
Ages 71+	1000 mg

Supplements (Take as Directed):

Caltrate
Citracal
Oscal
Roloids
Tums
Viactiv

Milk Substitutes:

- Almond Milk
- Cashew Milk
- Coconut Milk
- Rice Milk
- Soy Milk
- Oat Milk
- Quinoa Milk