

Where can I get my calcium if I don't drink milk?

Calcium is very important for bones, muscles, and brains! Whether you choose to or not, many people cannot or will not eat or drink cow's milk or other dairy products. Unfortunately, dairy products are the easiest way to get the calcium our bodies need. It can be hard for people who enjoy milk to cut it out of their diet, so this handout is here to show you sources of calcium other than dairy. There is life after dairy, and there are plenty of resources to help you through this!

If you are having a hard time coming up with ideas for non-dairy dishes using calcium-rich foods, search for "non-dairy recipes" on the Internet for millions of ideas. Also, "vegan" recipes and cookbooks have great ideas for coming up with the perfect non-dairy substitutes for your favorite comfort foods (a vegan diet does not use any animal products, including dairy).



High calcium, non-dairy foods:

- Sardines
- Salmon (preferably wild instead of farm-raised)
- Shellfish
- Broccoli
- Spinach
- Kale
- Collard Greens
- Turnip Greens
- Bok Choy
- Chinese Cabbage
- Green Soybeans
- Pickled Okra
- Almonds
- Brazil Nuts
- Dried Beans
- Breads enriched with Calcium
- Orange Juice enriched with Calcium

General Suggestions

Breakfast	<ul style="list-style-type: none"> ○ Use dark green leafy veggies in an omelet ○ Chop up almonds on top of oatmeal ○ Drink calcium-enriched orange juice
Lunch	<ul style="list-style-type: none"> ○ Have a salad with lettuce, spinach and salmon or shellfish on top
Dinner	<ul style="list-style-type: none"> ○ Have salad with dinner ○ Serve steamed broccoli, kale, collard or turnip greens, or soybeans as a side dish ○ If you don't like the taste of these calcium-rich veggies, try different recipes for yummy sauces, then combine the veggies, sauce and brown rice or other whole grains for a delicious meal ○ Try to eat baked or poached salmon at least twice a month
Snacks	<ul style="list-style-type: none"> ○ Mix almonds with your favorite dried fruit for a delicious snack mix ○ Green soybeans (or edamame) sprinkled with a little sea salt are even more fun when you cook them in the pods! ○ Pickled okra is a great snack, and try the "hot" version if you like spicy food

Don't hesitate to talk to your doctor about your diet to make sure you are getting enough calcium. Supplements are everywhere, and people who incorporate a lot of calcium-rich foods into their diets still may even need supplements for more calcium!