



Dairy-Free Foods with Calcium

*What We Eat Today,
Walks and Talks Tomorrow.
—Old Polish Proverb*

Vegetables

- Arugula
- Beets
- Beet, Turnip, Dandelion, Mustard, and Collard Greens
- Bok Choy
- Broccoli
- Broccoli Rabe
- Butternut Squash
- Cabbage
- Cauliflower
- Collards
- Fennel
- Kale
- Leeks
- Okra
- Parsley
- Parsnips
- Rutabaga
- Scallions and Onions
- Spinach
- Watercress
- White, Yellow, and Purple Potatoes
- Yams and Sweet Potatoes



Maggie's 2019 Garden, Lacinato and Curly Kale: Arlington, Massachusetts

Fruits

- Apples
- Apricots
- Bananas
- Cherries
- Guavas
- Kiwi
- Oranges
- Pears
- Pure Fruit Juices-
Fortified
- Pineapple
- Strawberries

Fish

- Alaskan, Maryland
and local Crabs
- Atlantic Pollock
- Clams
- Lobster
- Mackerel
- Ocean Perch
- Rainbow Trout
- Salmon
- Sardines
- Walleye Pike

Beans and Pulses

- Black Beans
- Borlotti
- Cannellini Beans
- Cranberry Beans
- Edamame
- Fava Beans
- Garbanzo Beans
- Great Northern
Beans
- Hummus
- Italian Flat Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pinto Beans
- Soybeans
- String-Pole Beans
- Yellow and Green
Peas

Sea Vegetables

- Agar
- Kelp

Dried Fruits

- Unsulfured Dried
Apricots
- Bananas
- Cherries
- Currants
- Dates
- Figs
- Nectarines
- Peaches
- Pears
- Pineapple
- Prunes
- Raisins

Seeds and Nuts, Nut Butters

- Almonds
- Cashews
- Chia Seeds
- Peanuts
- Pecans
- Pistachios
- Sesame Seeds
- Sunflower Seeds
- Walnuts

More Calcium Sources

- Calcium-fortified alternate milks:
Almond, Soy, Oat, Coconut, and Rice
- Calcium-fortified cereals
- Molasses
- Oatmeal
- Tofu

Bone Broth

Bone Broth cooked with either beef, lamb, or pork marrow bones.

1. Cook the bones in water in an 8-quart pot with root vegetables and salt.
2. Add 1-2 tbsp apple cider vinegar to help release Calcium in the bones.



Hutchins Organic Farm: Concord, Massachusetts