

NON DAIRY / VEGAN SOURCES OF CALCIUM

Below is a list of calcium rich foods that contain no milk or dairy.

Use these foods for lactose intolerance or a vegan lifestyle.

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1. Almonds
 2. Black-eyed Peas
 3. Blackstrap Molasses
 4. Bok Choy
 5. Cheerios
 6. Collards
 7. Dried Figs
 8. Firm Tofu
 9. Instant Oatmeal
 10. Kale
 11. Okra
 12. Orange Juice
 13. Oranges
 14. Seaweed
 15. Sesame Seeds
 16. Soybeans
 17. Soymilk
 18. Spinach
 19. Turnip Greens
 20. White Beans