

# Who Needs Milk?

Many people drink milk and eat other dairy products, such as cheese and yogurt, because they are high in calcium.

The mineral calcium helps our body stay healthy in a number of ways. But some people do not want to eat dairy products, do not tolerate them well, or are concerned about medical studies that question their safety.

Below is a list of some of the many high-calcium, non-dairy foods that can help you to meet your daily calcium needs if you choose not to eat or drink dairy products.

## FOODS

## CALCIUM

Sardines, canned (3 oz)	<b>324</b> mg
Orange juice, with calcium (1 cup)	<b>300</b> mg
Soy milk, (1 cup)	<b>300</b> mg
Tofu, regular, with calcium (3 oz)	<b>298</b> mg
Collards, boiled (1 cup)	<b>266</b> mg
Spinach, boiled (1 cup)	<b>245</b> mg
Soy nuts, (1 cup)	<b>237</b> mg
Turnip greens, boiled (1 cup)	<b>197</b> mg
Pink salmon with bone, canned (3 oz)	<b>181</b> mg
Red kidney beans, boiled (1 cup)	<b>169</b> mg
Great northern beans, canned (1 cup)	<b>139</b> mg
Navy beans, canned (1 cup)	<b>123</b> mg
Pinto beans, canned (1 cup)	<b>103</b> mg

If you follow a non-dairy meal plan and are taking a daily multivitamin, you are probably getting more than enough calcium in your diet.

For more information about eating a healthy diet without milk or dairy products, talk to your doctor, diabetes educator, or a registered dietitian.

