

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

