

Dairy-Free Foods High in Calcium



Fortified Almond
Milk (450 mg/ 1 cup)



White Beans (161 mg/
1 cup cooked)



Fortified Orange
Juice (300 mg/ 1 cup)



Kale
(90 mg/ 1 cup raw)



Sesame Seeds
(280 mg/ 2 tbsp)



Tofu (434 mg/
half cup)

KiDS
kids + dairy symptoms