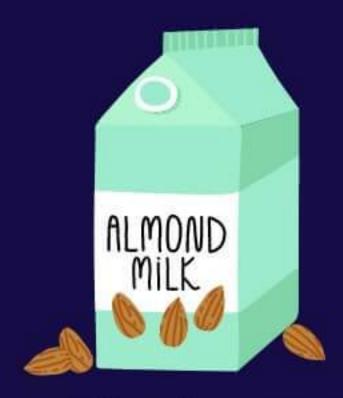
Dairy-Free Foods High in Calcium



Fortified Almond Milk (450 mg/1 cup)



White Beans (161 mg/ 1 cup cooked)



Fortified Orange Juice (300 mg/1 cup) (90 mg/1 cup raw)



Kale



Sesame Seeds (280 mg/ 2 tbsp)



Tofu (434 mg/ half cup)

