

High Calcium Foods

Anti-Inflammatory & Dairy-free

- **Finger Millet, 1 cup cooked — 344 mg**
- **Masa, 1 cup cooked — 160 mg**
- **Vaquero beans, 1 cup cooked -- 130 mg**
- **Teff, 1 cup cooked — 123 mg**
- **Great Northern beans, 1 cup cooked — 120 mg** (Other white beans are also good sources of calcium.)
- **Amaranth, 1 cup cooked — 116 mg**
- **Figs, 3 dried — 111 mg**
- **San Pellegrino sparkling mineral water — 160 mg per liter**
- **Still mineral water — 90 mg per liter**
- **Almonds, 1/4 cup — 75 mg**
- **Coconut water — 60 mg per 16 ounces**
- **Oats, 1 cup cooked — 20-84mg**
- **Dates, 3 dried — 57 mg**
- **Blackberries, 1 cup — 42 mg**

**Note: Some of these items' calcium content varies depending on brand, growing conditions etc.*