



7 Foods That Contain More Calcium Than Milk

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Feb 16, 2017

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There are many problems associated with the consumption of dairy. Many people can't tolerate milk and so have to give up dairy. But what about calcium? So here is a list of foods higher in calcium than milk so you won't need to go without this important mineral.

1. Cheese

Cheeses contain variable amounts of calcium depending on the type being used. Cheddar is fairly typical. Other varieties of cheese usually around 500mg-1000mg calcium per 100g.

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2. Collard Greens

Collard greens are best served stir fried or steamed. It is a great way to add more calcium to your diet and also phenols. Collard greens are rich in phenolic compounds that help fight cancer and heart disease.



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3. Kale

Kale is a popular choice as there are many ways kale can be consumed. It can be made into a smoothie or eaten as chips. Kale is high in calcium and vitamin K content. It is also a potent antioxidant that helps protect against prostate and colon cancers.



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4. Organic Yogurt

Yogurt even though a dairy product is more beneficial as compared to ultra-processed milk. Organic yogurt is the best form of calcium in dairy products because of the naturally fermented process and the probiotics.



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5. Sesame Seeds

Mostly found in Chinese dishes, Sesame seeds have high calcium content. Apart from high calcium content they are also a great source of good fats and dietary fibres.



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6. Spinach

A cup of spinach salad or steamed spinach is a great source of calcium. Spinach has shown great results for the cardiovascular system and lowers blood pressure by improving arterial stiffness because of its nitrate content.

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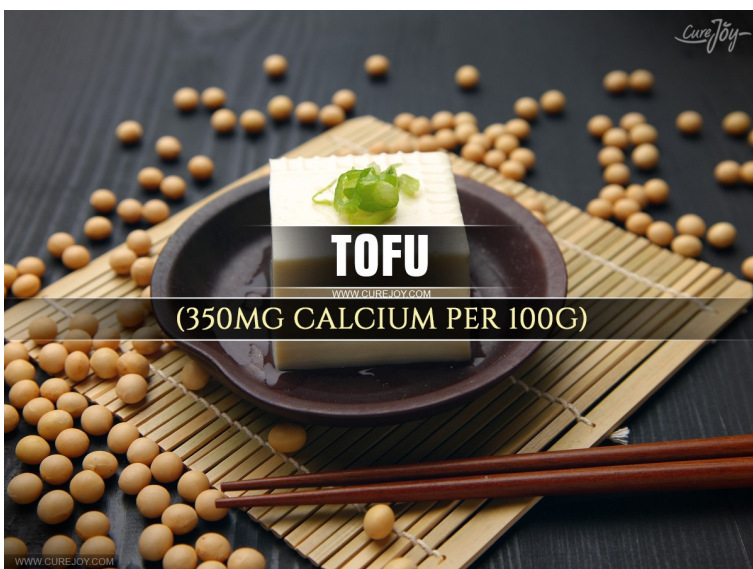
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7. Tofu

Tofu has a low calorie count and large amounts of protein. It is high in iron content, and depending on how it is manufactured can have higher calcium or magnesium content.



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