West Virginia Bureau of Senior Services

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Food and Fitness

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Non-Dairy Sources of Calcium



As we get older, our bones can become weaker. Calcium helps keep our bones strong and healthy. It also helps the muscles, the heart, and nerves work the right way. Most people think of milk and cheese when it comes to calcium, but you can still get plenty of calcium with non-dairy options.

Following are the top non-dairy, calcium-rich foods and ways to prepare them.

Leafy Greens—Vegetables like kale, collard greens, and bok choy are great sources of calcium. You can eat them cooked or raw in salads, soups, or as side dishes.



Broccoli—This vegetable is full of vitamins and calcium. Add it raw, steamed, roasted, or boiled to any of your meals as a side dish or a quick snack.

Non-Dairy Sources of Calcium

Canned Fish with Bones—Sardines and canned salmon have soft, edible bones that are high in calcium. You can mash and spread them onto a sandwich, mix them into salad, pasta, or with other ingredients to make patties.

Beans and Lentils—Black beans, chickpeas, and lentils are tasty, filling, and full of calcium. You can use them in soups, stews, or salads.



Nuts and Seeds—Almonds, chia seeds, and sesame seeds are full of calcium. Try almond butter on toast, or sprinkle chia seeds on yogurt or oatmeal.

Fortified Drinks—Look for calcium-fortified plant-based milks like almond, soy, or oat milk. There are also some orange juices that are fortified. Look on the label for the words “calcium-fortified.”

Tips when looking for non-dairy options:

Read Labels – Look for the words "calcium-fortified."

Eat a Variety – Try different foods each day.

Talk to Your Doctor – Ask if you need a calcium supplement.

You don’t need milk or cheese to keep your bones strong. Try other tasty foods and give your body the calcium it needs, the non-dairy way!



Food Sources of Calcium

Getting enough calcium is important for strong bones and overall health. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.

Did you know that you can get calcium from many different food groups?

Here are a few examples:



- **Dairy**: Low-fat or fat-free milk, yogurt, or kefir, including lactose-free versions and fortified soy milk and yogurt
- **Vegetables**: Vegetables such as nettles, collard greens, nopales, bok choy, and kale
- **Protein**: Tofu, canned sardines, and canned salmon with bones
- **Fruits**: Fortified 100% grapefruit or orange juice

Looking for more sources of calcium to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and calcium needs.

Nutrient-dense Food and Beverage Sources of Calcium

FOOD	STANDARD PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
Dairy and Fortified Soy Alternatives				
Yogurt, plain, nonfat	8 ounces	488		
Yogurt, plain, low fat	8 ounces	448		
Kefir, plain, low fat	1 cup	317		
Milk, low fat (1%)	1 cup	305		
Soy beverage (soy milk), unsweetened	1 cup	301		
Yogurt, soy, plain	8 ounces	300		
Milk, fat-free (skim)	1 cup	298		
Buttermilk, low fat	1 cup	284		
Yogurt, Greek, plain, low fat	8 ounces	261		
Yogurt, Greek, plain, nonfat	8 ounces	250		
Cheese, reduced-, low-, or fat-free (various)	11/2 ounces	~115-485		

FOOD	STANDARD PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
Vegetables				
Lambsquarters, cooked	1 cup	464		
Nettles, cooked	1 cup	428		
Mustard spinach, cooked	1 cup	284		
Amaranth leaves, cooked	1 cup	276		
Collard greens, cooked	1 cup	268		
Spinach, cooked	1 cup	245		
Nopales, cooked	1 cup	244		
Taro root (dasheen or yautia), cooked	1 cup	204		
Turnip greens, cooked	1 cup	197		
Bok choy, cooked	1 cup	185		
Jute, cooked	1 cup	184		
Kale, cooked	1 cup	177		
Mustard greens, cooked	1 cup	165		
Beet greens, cooked	1 cup	164		
Pak choi, cooked	1 cup	158		
Dandelion greens, cooked	1 cup	147		
Protein Foods				
Tofu, raw, regular, prepared with calcium sulfate	1/2 cup	434		
Sardines, canned	3 ounces	325		
Salmon, canned, solids with bone	3 ounces	181		
Tahini (sesame butter or paste)	1 tablespoon	154		
Fruits				
Grapefruit juice, 100%, fortified	1 cup	350		
Orange juice, 100%, fortified	1 cup	349		
Other Sources				
Almond beverage (almond milk), unsweetened, fortified	1 cup	442		
Rice beverage (rice milk), unsweetened, fortified	1 cup	283		

Notes:

All foods listed are assumed to be in nutrient-dense forms: lean or low-fat and prepared with minimal or no added sugars, saturated fat, and sodium.

Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense. For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.

Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods could be a choking hazard.

This list includes "standard" portions, which provide at least 130 mg calcium. Portions listed are not necessarily recommended serving sizes.

Seafood varieties include "Best Choices" from the FDA/EPA joint "Advice About Eating Fish" available at FDA.gov/fishadvice.

Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

Want to learn more about what and how much to eat?
The MyPlate Plan can help you find your personalized food group goals.
To get started, visit https://www.myplate.gov/myplate-plan.









Vegetable—Zucchini

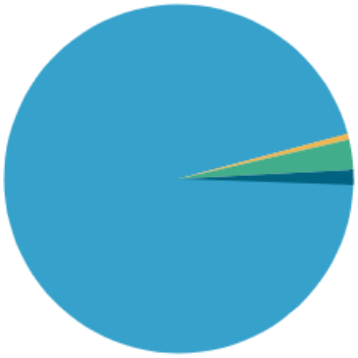
Zucchini is a part of the gourd family, called Cucurbitaceae. It is related to pumpkins, cucumbers, and melons. Even though we cook it like a vegetable, zucchini is actually a fruit because it grows from a flower and has seeds inside.

It originated from Central and South America. Long ago, Native people grew a type of squash that looked like zucchini. Later, Italian farmers started growing the kind of zucchini we eat today. The word "zucchini" is actually Italian.

Zucchini can be enjoyed raw, cooked, fried, baked, stuffed, or even turned into zoodles, which can be used as a pasta substitute. The plants grow big leaves and bright yellow flowers. The flowers are edible, too, and are often fried or stuffed!

Zucchini is full of nutrients that help keep your body healthy. It contains vitamins C and A, potassium, magnesium, and fiber. Zucchini is low in calories and contains a lot of water, so it helps keep you hydrated as well. Zucchini is a healthy, tasty plant that gives your body important vitamins and minerals. Whether raw or cooked, zucchini is a great choice for meals or snacks.

WHAT IS THIS FOOD MADE OF?



95.8%	Water	171.4g
1.1%	Protein	2.1g
2.7%	Carbs	4.8g
0.4%	Fat	0.65g
0%	Alcohol	0g

WHERE DO THE CALORIES COME FROM?



26%	Protein
58%	Carbs
16%	Fat
0%	Alcohol

Minerals

	-- = missing data	%DV
Weight	180g	
Calcium	32.4mg	2%
Iron, Fe	0.67mg	4%
Potassium, K	475.2mg	10%
Magnesium	34.2mg	8%
Phosphorus, P	66.6mg	5%
Sodium	5.4mg	0%
Zinc, Zn	0.59mg	5%
Copper, Cu	0.09mg	10%
Manganese	0.31mg	14%
Selenium, Se	0.36mcg	1%

Nutrition Facts

Cooked Zucchini (Boiled, Drained)

Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Serving Size:

1 × 1 cup, sliced (180g)



Nutrition Facts

Serving Size

1 cup, sliced (180g)

Calories 27

	% Daily Value *
Total Fat 0.65g	**1%**
Saturated Fat 0.13g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5.4mg	**0%**
Total Carbohydrate 4.8g	**2%**
Dietary Fiber 1.8g	**6%**
Total Sugars 3.1g	**6%**
Includes --g Added Sugars	**--%**
Protein 2.1g	**4%**
Vitamin C 23.2mg	26%
Vitamin D 0mcg	0%
Iron 0.67mg	4%
Calcium 32.4mg	2%
Potassium 475.2mg	10%
Phosphorus 66.6mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins

	-- = missing data	%DV
Weight	180g	
Vitamin A, RAE	100.8mcg	11%
Vitamin C	23.2mg	26%
Thiamin (B1)	0.06mg	5%
Riboflavin (B2)	0.04mg	3%
Niacin (B3)	0.92mg	6%
Vitamin B5 (PA)	0.52mg	10%
Vitamin B6	0.14mg	8%
Biotin	--mcg	
Folate (B9)	50.4mcg	13%
Folic acid	0mcg	0%
Food Folate	50.4mcg	13%
Folate DFE	50.4mcg	13%
Choline	16.9mg	3%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	1206mcg	11%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	2010.6IU	
Lycopene	0mcg	
Lut + Zeaxanthin	2070mcg	
Vitamin E	0.22mg	1%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	7.6mcg	6%

Recipe— Zucchini Brownies

Ingredients

- 1 1/2 cups granulated sugar
- 1/2 cup avocado oil, canola oil, or vegetable oil
- 2 cups all-purpose flour
- 1/4 cup unsweetened cocoa
- 2 cups shredded zucchini, *don't squeeze out the moisture*
- 2 teaspoons vanilla extract
- 1 teaspoon salt
- 1 1/2 teaspoons baking soda
- 1 1/4 cups semi-sweet chocolate chips, *divided*

Recipe Received From: two peas & their pod

Instructions

1. Preheat oven to 350 degrees F. Grease an 9×13 baking pan with cooking spray, set aside.

2. In a stand mixer, combine sugar, oil, and flour, combine until mixture resembles wet sand. It will be dry looking and that is ok. While mixing on low, add cocoa, shredded zucchini, vanilla extract, salt and baking soda. Mix until well combined. The mixture will moisten once the zucchini is added. Stir in one cup of the chocolate chips.

3. Pour brownie batter into prepared pan and sprinkle with remaining chocolate chips. Bake for 28-32 minutes or until a toothpick comes out clean and the brownies are set.

4. Cool completely on a wire rack. Cut brownies into squares and serve

Brain Exercise

Don't Just Exercise your body — work out your brain!

ADVENTURE
AMUSEMENT PARK
AUGUST
BACK TO SCHOOL
BACKYARD
BICYCLE
CAMPFIRE
CAMPING
CORN ON THE COB
FARMERS MARKET
FIREFLY
FLOWERS
FRUIT
FUN
GRILLING
HOT
HUMID
LAKE
PLAYGROUND
POPSICLE
RELAXATION
ROAD TRIP
SAILBOAT
STATE FAIR
SUMMER
SUNFLOWER
SUNNY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

W	J	C	T	A	M	U	S	E	M	E	N	T	P	A	R	K	S	S
H	B	P	L	S	J	L	Z	I	B	I	C	Y	C	L	E	G	T	D
T	O	G	B	T	U	P	L	A	Y	G	R	O	U	N	D	J	I	R
C	C	A	A	A	E	G	E	Q	N	Y	N	P	B	E	D	D	U	O
S	E	P	C	T	H	K	U	S	F	B	O	I	Q	C	Q	R	N	E
J	H	N	K	E	Z	I	R	A	R	P	C	Y	P	Y	R	A	O	R
Q	T	F	T	F	Y	B	F	A	S	E	L	S	N	M	K	Y	I	O
V	N	H	O	A	J	S	B	I	M	G	W	A	U	R	A	K	T	A
B	O	D	S	I	T	H	C	N	S	S	K	O	K	F	S	C	A	D
T	N	D	C	R	Q	L	B	U	R	M	R	A	L	E	U	A	X	T
E	R	Q	H	Z	E	Y	N	E	V	R	E	E	Z	F	N	B	A	R
R	O	R	O	D	E	F	M	M	S	Y	U	J	M	G	N	A	L	I
U	C	H	O	G	L	M	Y	L	F	E	R	I	F	R	Y	Y	E	P
T	J	L	L	O	U	Y	R	P	T	A	O	B	L	I	A	S	R	T
N	P	T	W	S	O	W	F	I	H	J	V	H	P	H	Z	F	F	I
E	R	E	Q	D	O	V	R	J	D	U	W	E	S	G	K	U	R	P
V	R	G	J	D	K	I	U	T	I	B	M	T	T	G	N	T	D	W
D	S	G	N	I	L	L	I	R	G	E	R	I	F	P	M	A	C	J
A	U	P	K	U	T	X	T	B	Q	S	Z	J	D	G	X	V	V	S

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August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Mountain Climbing Day	2 Campfire Day
3 National Watermel-on Day	4 National Water Balloon Day	5 National Oyster Day	6 National Fresh Breath Day	7 National Lighthouse Day	8 Happiness Happens Day	9 National Garage Sale Day
10 National S'mores Day	11 Son and Daughter Day	12 World Elephant Day	13 National Filet Mignon Day	14 National Creamsicle Day	15 Relaxation Day	16 Tell a Joke Day
17 Neighbor Night	18 National Fajita Day	19 National Potato Day	20 National Radio Day	21 Senior Citizen's Day	22 Be an Angel Day	23 World Daffodil Day
24 National Waffle Day	25 National Banana Split Day	26 National Dog Day	27 Just Because Day	28 Race Your Mouse Day	29 More Herbs, Less Salt Day	30 National Beach Day
31 Nation-al Eat Out-side Day						

MONTHLY OBSERVATIONS

- Admit You're Happy Month
- Family Fun Month
- Golf Month
- Happiness Happens Month
- International Pirate Month
- National Catfish Month
- Nation Eye Exam Month
- Peach Month
- Picnic Month
- Romance Awareness Month
- Water Quality Month

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August

Word Search

SOLUTION

