

# Other ways to get calcium

- Goal to maintain normal calcium intake (1,000 - 1,200 mg/day)
- Low-fat dairy
- Multiple alternative milk options are also fortified with calcium at levels comparable to dairy

	Sodium (mg/cup)	Calcium (% RDA/cup)
Silk Almond Milk Original	150	30%
Forager Cashew Milk	10	2%
Pacific Foods Hazelnut Milk	115	10%
Silk Soy Milk Original	90	30%
Pacific Foods Hemp Milk	130	20%
Oatly Oat Milk	100	25%
Milkadamia Macadamia Milk	115	35%
Rice Dream Enriched Rice Milk	100	30%
<u>Barber's Dairy Pure Whole Milk</u>	120	30%
<u>Barber's Dairy Pure Fat Free</u>	130	30%
Good Karma Flax Milk	190	25%
So Delicious Coconut Milk	25	10%