

Mayo Clinic Minute: How to get calcium without dairy products

VIDEO	AUDIO
Jason	To keep your bones strong and prevent osteoporosis, your body needs a certain amount of calcium — in general between 1,000 and 1,200 milligrams a day.
Bart Clarke, M.D. Endocrinology Mayo Clinic	“So a glass of milk ... has about 300 milligrams. So two glasses of milk, a cup serving of yogurt would give you almost 1,000 milligrams right there.”
Jason	But what if eating or drinking dairy isn’t an option?
Dr. Clarke	“If you can’t take dairy products because of lactose intolerance or you have other dietary preferences that limit that, not to worry because there are so many other foods out there that have calcium.”
Jason Graphic: Almond milk Soy milk	Common alternatives to milk are almond milk and soy milk, particularly the kind that is calcium-fortified.
Jason Graphic: Rhubarb Spinach Black-eyed peas Okra Broccoli	Certain vegetables are higher in calcium, like rhubarb, spinach, black-eyed peas, okra and broccoli.
Jason Graphic: Tofu Hummus Sunflower seeds OJ (calcium-fortified) Shrimp Canned sardines/salmon	Other options include tofu, hummus, sunflower seeds, calcium-fortified orange juice, shrimp, and canned sardines and salmon.
Dr. Clarke	“So there’s a variety of ways you can get through dietary sources — foods that you like but at the

	same time give you calcium.”
Jason	For the Mayo Clinic News Network, I’m Jason Howland.