

Dr. Meera – NON-DAIRY SOURCES OF CALCIUM

NUTS AND SEEDS

-almonds*, walnuts, brazil nuts, sunflower seeds*, sesame seeds* (these are the BEST source, providing 10x the amount present in an equal quantity of cow's milk).

-The best ways to use sesame seeds to obtain calcium are:

→ Grind them in a coffee grinder or blender with an "S" blade, and add them to smoothies, cereal, baked goods or in toppings or coatings (3 tbsp of ground sesame seeds is equivalent to 1 cup of milk in terms of calcium).

→ Make seed milk by blending 1 part seeds with 3 parts water and use in baking. This can be done with any seed or nut and always produces a white "milky" fluid. Try almond or sunflower seed milk too or use a combination of nuts and seeds.

- Use sesame butter (or Tahini)
- Try other nut butters as well

VEGETABLES

-broccoli*, raw spinach*, Brussel sprouts, lima beans, artichokes, mature carrots, navy beans, peas, asparagus, cauliflower, leafy green vegetables*(lettuce, endive, watercress, kale, cabbage, dandelion greens, mustard greens, turnip greens, parsley, cilantro)

FRUITS

-figs*, apricots, raisins, dates, oranges, watermelon, raw rhubarb, papaya

CAROB

-carob powder, carob chips (often used as a chocolate or cocoa substitute...carob is milder in flavour, lower in calories, naturally sweeter, high in fiber and pectin, low in sodium and high in potassium, caffeine free and does not contain the oxalic acid found in chocolate for those who are prone to forming stones).

**Replace cocoa with an equal amount of carob powder in recipes.

GRAINS

-millet, oats

HERBS

-red raspberry leaf (tea), horsetail grass, arrowroot powder (use instead of cornstarch for thickening), comfrey, oat straw

OTHER

-kelp (use this instead of salt in cooking and baking), blackstrap molasses

* = the best sources of calcium