

Vegan Calcium Sources

Daily Recommended Intake: Approx. 1,000mg for adults

Food Source	Serving Size	Calcium Content
LEGUMES Tofu (Firm/Set with Calcium)	1/2 cup	
FORTIFIED Plant Milk (Soy/Almond/Oat)	1 cup	
GREENS Collard Greens (Cooked)	1 cup	
SEEDS Chia Seeds	3 tbsp	
NUTS Almonds	1/4 cup	
GREENS Kale (Cooked)	1 cup	
FRUITS Dried Figs	5 fruits	

Food Source	Serving Size	Calcium Content
LEGUMES White Beans (Cooked)	1 cup	
CONDIMENTS Tahini (Sesame Paste)	2 tbsp	
VEGETABLES Broccoli (Cooked)	1 cup	

Note: Absorption rates vary by food type. Pair with Vitamin D for optimal uptake.