

VEGAN CALCIUM SOURCES

Essential Plant-Based Nutritional Guide

Food Item	Serving Size	Calcium (mg)
Tofu (Set with Calcium)	1/2 cup	430 - 860mg
Tempeh	1 cup	184mg
Edamame (Prepared)	1 cup	98mg
White Beans (Cooked)	1 cup	160mg
Chia Seeds	2 tbsp	179mg
Tahini (Sesame Butter)	2 tbsp	130mg
Almonds (Dry Roasted)	1/4 cup	95mg

Food Item	Serving Size	Calcium (mg)
Collard Greens (Cooked)	1 cup	268mg
Kale (Cooked)	1 cup	177mg
Bok Choy (Cooked)	1 cup	158mg
Broccoli (Cooked)	1 cup	62mg
Fortified Plant Milk	1 cup	300 - 450mg
Fortified Orange Juice	1 cup	350mg
Dried Figs	5 fruits	68mg
Blackstrap Molasses	1 tbsp	100mg

** Recommended Dietary Allowance (RDA) for most adults is 1,000mg per day. Bioavailability varies; low-oxalate greens (kale, bok choy) offer higher absorption rates than high-oxalate greens (spinach).*