

CRUELTY-FREE CALCIUM SOURCES

Plant-Based Nutritional Reference Guide

FOOD SOURCE	SERVING SIZE	ESTIMATED CALCIUM
Legumes & Soy		
Tofu (Set with Calcium Sulfate)	1/2 cup	430 mg
Tempeh	1 cup	184 mg
Edamame	1 cup	98 mg
Greens & Vegetables		
Collard Greens (Cooked)	1 cup	268 mg
Kale (Cooked)	1 cup	177 mg
Broccoli (Cooked)	1 cup	62 mg
Nuts & Seeds		
Chia Seeds	2 tbsp	179 mg
Almonds	1/4 cup	95 mg

FOOD SOURCE	SERVING SIZE	ESTIMATED CALCIUM
Tahini (Sesame Butter)	2 tbsp	128 mg
Fortified Foods		
Plant Milk (Fortified)	1 cup	300 mg
Orange Juice (Fortified)	1 cup	300 mg

Note: Bioavailability varies by source. Pair with Vitamin D for optimal absorption.