

Daily Vegan Calcium Requirements

Recommended Dietary Allowance (RDA) Reference Guide

LIFE STAGE / GROUP	AGE	DAILY REQUIREMENT (MG)
Infants	0-12 months	200 - 260 mg
Children	1-3 years	700 mg
Children	4-8 years	1,000 mg
Teens	9-18 years	1,300 mg
Adults	19-50 years	1,000 mg
Men	51-70 years	1,000 mg
Women	51-70 years	1,200 mg

LIFE STAGE / GROUP	AGE	DAILY REQUIREMENT (MG)
All Adults	71+ years	1,200 mg
Pregnancy / Lactation	14-50 years	1,000 - 1,300 mg

Key Plant-Based Sources

Leafy Greens

Cooked Kale (1 cup): **177mg**

Cooked Bok Choy (1 cup): **160mg**

Legumes & Tofu

Firm Tofu (set with calcium, ½ cup): **434mg**

Tempeh (1 cup): **184mg**

Fortified Foods

Plant Milk (1 cup): **300mg**

Fortified Orange Juice (1 cup): **350mg**

Seeds & Nuts

Tahini (2 tbsp): **130mg**

Chia Seeds (2 tbsp): **179mg**

Note: Absorption is enhanced by Vitamin D. Avoid high-oxalate greens (spinach, chard) for primary calcium intake.