

VEGAN CALCIUM SOURCES

Daily Recommended Intake: 1,000mg - 1,200mg

LEAFY GREENS

Collard Greens (1 cup) **268mg**

Kale (1 cup cooked) **177mg**

Bok Choy (1 cup) **158mg**

LEGUMES & SOY

Tofu (Set w/ Calcium) **350mg**

Tempeh (1 cup) **184mg**

Soybeans (1 cup) **175mg**

NUTS & SEEDS

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

Almonds (1/4 cup) **95mg**

Tahini (2 tbsp) **128mg**

FORTIFIED & FRUITS

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

Dried Figs (1/2 cup) **121mg**

Orange Juice (Fort.) **300mg**

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