

# VEGAN CALCIUM SOURCES

Milligrams (mg) per standard serving

## LEAFY GREENS

- Collard Greens (1 cup cooked) **268mg**
- Spinach (1 cup cooked) **245mg**
- Turnip Greens (1 cup cooked) **197mg**
- Kale (1 cup cooked) **177mg**
- Bok Choy (1 cup cooked) **160mg**

## LEGUMES & SOY

- Tofu (Set w/ Calcium, 1/2 cup) **434mg**
- Tempeh (1 cup) **184mg**
- Soybeans/Edamame (1 cup) **175mg**
- White Beans (1 cup) **161mg**
- Navy Beans (1 cup) **123mg**

## NUTS & SEEDS

- Sesame Seeds/Tahini (2 tbsp) **128mg**
- Chia Seeds (2 tbsp) **179mg**
- Almonds (1/4 cup) **95mg**
- Flax Seeds (2 tbsp) **52mg**

## FRUITS & FORTIFIED

- Fortified Plant Milk (1 cup) **300mg**
- Fortified Orange Juice (1 cup) **300mg**
- Dried Figs (5 medium) **68mg**
- Blackstrap Molasses (1 tbsp) **100mg**

Note: Absorption rates vary. Recommended Daily Intake (RDI) for adults is typically 1,000mg.