

HIGH CALCIUM VEGAN FOODS

Plant-Based Nutrition Reference Guide

Leafy Greens & Vegetables

FOOD ITEM	SERVING SIZE	CALCIUM (MG)
Collard Greens (cooked)	1 cup	268mg
Spinach (cooked)	1 cup	245mg
Turnip Greens (cooked)	1 cup	197mg
Kale (cooked)	1 cup	177mg
Broccoli	1 cup	62mg

Legumes & Soy

FOOD ITEM	SERVING SIZE	CALCIUM (MG)
Tofu (set with calcium)	1/2 cup	434mg
Tempeh	1 cup	184mg
Soybeans (Edamame)	1 cup	175mg
White Beans	1 cup	161mg

FOOD ITEM	SERVING SIZE	CALCIUM (MG)
Chickpeas	1 cup	80mg

Nuts, Seeds & Others

FOOD ITEM	SERVING SIZE	CALCIUM (MG)
Blackstrap Molasses	1 tbsp	172mg
Chia Seeds	2 tbsp	179mg
Tahini (Sesame Butter)	2 tbsp	128mg
Almonds	1/4 cup	95mg
Dried Figs	5 fruits	68mg

**Values are approximate. Absorption varies by food source. Consult a nutritionist for personalized dietary needs.*