

# VEGAN CALCIUM SOURCES

Daily Reference Chart for Plant-Based Nutrition

<b>Food Item</b>	<b>Serving Size</b>	<b>Calcium (mg)</b>
LEGUMES Tofu (Firm, Calcium-set)	1/2 cup	<b>430 mg</b>
FORTIFIED Plant Milk (Soy/Almond)	1 cup	<b>300 mg</b>
GREENS Collard Greens (Cooked)	1 cup	<b>265 mg</b>
SEEDS Chia Seeds	3 tbsp	<b>180 mg</b>
GREENS Kale (Cooked)	1 cup	<b>175 mg</b>
NUTS Almonds	1/4 cup	<b>95 mg</b>
FRUIT Dried Figs	5 pieces	<b>90 mg</b>
LEGUMES White Beans (Cooked)	1/2 cup	<b>80 mg</b>

<b>Food Item</b>	<b>Serving Size</b>	<b>Calcium (mg)</b>
CONDIMENTS Tahini (Sesame Butter)	1 tbsp	<b>65 mg</b>

Note: Absorption is enhanced when paired with Vitamin D. Values are approximate and may vary by brand.