

PLANT-BASED CALCIUM SOURCES

Milligrams (mg) per serving reference chart

Leafy Greens

- Collard Greens (1 cup cooked) **268mg**
 - Spinach (1 cup cooked) **245mg**
 - Kale (1 cup cooked) **177mg**
 - Bok Choy (1 cup cooked) **160mg**
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Legumes & Soy

- Tofu (set w/ calcium, 1/2 cup) **434mg**
 - Tempeh (1 cup) **184mg**
 - Soybeans/Edamame (1 cup) **175mg**
 - White Beans (1 cup cooked) **161mg**
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Nuts & Seeds

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

- Blackstrap Molasses (1 tbsp) **200mg**
 - Dried Figs (5 medium) **135mg**
 - Orange (1 large) **74mg**
 - Broccoli (1 cup cooked) **62mg**
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Note: Bioavailability varies by source. Pair with Vitamin D for optimal absorption.