

VEGAN ATHLETE CALCIUM SOURCES

Essential Plant-Based Minerals for Bone Health & Muscle Function

FOOD ITEM	SERVING SIZE	CALCIUM (MG)	CATEGORY
Fortified Plant Milk	1 Cup (240ml)	300 - 450mg	Liquid
Firm Tofu (Set w/ Calcium)	1/2 Cup (125g)	250 - 350mg	Protein
Collard Greens (Cooked)	1 Cup	265mg	Greens
Tempeh	1 Cup	180mg	Protein
Chia Seeds	2 Tbsp	175mg	Seeds
Kale (Cooked)	1 Cup	170mg	Greens
Blackstrap Molasses	1 Tbsp	100mg	Sweetener
Almonds	1/4 Cup	95mg	Nuts
Tahini (Sesame Butter)	2 Tbsp	130mg	Fats

FOOD ITEM	SERVING SIZE	CALCIUM (MG)	CATEGORY
White Beans / Navy Beans	1 Cup (Cooked)	125mg	Legumes
Dried Figs	5 Fruits	70mg	Fruit

Recommended Daily Intake: 1,000mg - 1,200mg for active adults.

Tip: Combine with Vitamin D and Vitamin K2 for optimal absorption.