

VEGAN CALCIUM SOURCES

Food Item	Serving Size	Calcium (mg)
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Legumes & Soy

Tofu (set with calcium)	1/2 cup	434
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Tempeh	1 cup	184
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Soybeans (boiled)	1 cup	175
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White Beans	1 cup	161
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Nuts & Seeds

Chia Seeds	2 tbsp	179
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Almonds (dry roasted)	1/4 cup	95
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Tahini (sesame butter)	2 tbsp	128
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Vegetables

Collard Greens (cooked)	1 cup	268
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Food Item	Serving Size	Calcium (mg)
Kale (cooked)	1 cup	177
Broccoli (cooked)	1 cup	62
Fruit & Other		
Dried Figs	5 medium	68
Blackstrap Molasses	1 tbsp	172
Fortified Plant Milk	1 cup	300-450

Values are approximate. Always check nutrition labels for fortified products.