

VEGAN CALCIUM SOURCES FOR CHILDREN

Food Group	Source Item	Approx. Calcium
Fortified Drinks	Soy or Pea Milk (1 cup)	<i>300 mg</i>
Legumes	Firm Tofu, set with calcium (1/2 cup)	<i>250 - 400 mg</i>
Leafy Greens	Cooked Collard Greens (1/2 cup)	<i>130 mg</i>
Seeds	Tahini / Sesame Butter (2 tbsp)	<i>130 mg</i>
Legumes	Cooked Soybeans/Edamame (1/2 cup)	<i>90 mg</i>
Leafy Greens	Cooked Kale (1/2 cup)	<i>90 mg</i>
Fruits	Dried Figs (5 medium)	<i>90 mg</i>
Nuts	Almonds (1/4 cup)	<i>75 mg</i>
Legumes	White Beans (1/2 cup)	<i>60 mg</i>
Vegetables	Broccoli, cooked (1/2 cup)	<i>30 mg</i>

Daily Recommended Intake: 1-3 years: 700mg | 4-8 years: 1000mg | 9-13 years: 1300mg

Note: Pair with Vitamin D for optimal absorption. Consult a pediatrician for specific dietary needs.