

VEGAN CALCIUM SOURCES REFERENCE

Recommended Daily Intake: ~1,000mg for most adults

FOOD ITEM	SERVING SIZE	CALCIUM (MG)
Legumes & Soy		
Tofu (set with calcium sulfate)	1/2 cup	430
Tempeh	1 cup	184
Soybeans (cooked)	1 cup	175
White Beans	1 cup	160
Greens & Vegetables		
Collard Greens (cooked)	1 cup	268
Spinach (cooked)	1 cup	245
Kale (cooked)	1 cup	177
Broccoli (cooked)	1 cup	62

FOOD ITEM	SERVING SIZE	CALCIUM (MG)
Nuts & Seeds		
Sesame Seeds (unhulled)	2 tbsp	176
Chia Seeds	2 tbsp	158
Almonds	1/4 cup	95
Tahini	2 tbsp	130
Fortified Foods		
Plant Milk (Fortified)	1 cup	300-450
Orange Juice (Fortified)	1 cup	300
Blackstrap Molasses	1 tbsp	100

Note: Bioavailability varies by food source. Consult a healthcare provider for personalized nutrition advice.

[Print Chart](#)