

VEGAN CALCIUM REFERENCE CHART

FOOD ITEM	SERVING SIZE	CALCIUM (APPROX)
Plant Milk (Fortified)	1 Cup (240ml)	300mg
Orange Juice (Fortified)	1 Cup (240ml)	300mg
Tofu (Set with Calcium)	1/2 Cup	250-400mg
Collard Greens (Cooked)	1 Cup	268mg
Kale (Cooked)	1 Cup	177mg
Bok Choy (Cooked)	1 Cup	160mg
Broccoli (Cooked)	1 Cup	62mg
Chia Seeds	2 Tbsp	179mg
Tahini (Sesame Butter)	2 Tbsp	128mg

FOOD ITEM	SERVING SIZE	CALCIUM (APPROX)
Almonds (Dry Roasted)	1/4 Cup	95mg
White Beans (Cooked)	1 Cup	160mg
Blackstrap Molasses	1 Tbsp	170mg
Dried Figs	5 Medium	135mg
Tempeh	1/2 Cup	92mg

Note: Absorption varies by food source. Values are estimates for general reference.