

VEGAN CALCIUM SOURCES

Daily Meal Planning Reference Chart

| FOOD ITEM | SERVING SIZE | CALCIUM (APPROX.) |
|--------------------------------|--------------|-------------------|
| Legumes & Soy | | |
| Fortified Soy Milk | 1 cup | 300 mg |
| Tofu (Set with Calcium) | 1/2 cup | 250 - 800 mg |
| Tempeh | 1 cup | 184 mg |
| Navy Beans | 1 cup cooked | 125 mg |
| Greens & Vegetables | | |
| Collard Greens | 1 cup cooked | 265 mg |
| Kale | 1 cup cooked | 175 mg |
| Bok Choy | 1 cup cooked | 160 mg |

| FOOD ITEM | SERVING SIZE | CALCIUM (APPROX.) |
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| Broccoli | 1 cup cooked | 60 mg |
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Nuts, Seeds & Fruit

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| Chia Seeds | 2 tbsp | 175 mg |
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| Almonds | 1/4 cup | 95 mg |
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|------------------------|--------|--------|
| Tahini (Sesame Butter) | 2 tbsp | 130 mg |
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| Dried Figs | 5 medium | 70 mg |
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Planner Notes:

The Recommended Dietary Allowance (RDA) for most adults is 1,000mg per day. Vitamin D is essential for calcium absorption. Focus on low-oxalate greens like kale and bok choy for higher bioavailability.