

VEGAN CALCIUM SOURCES

Plant-Based Nutritional Reference Guide

The recommended daily intake (RDI) for most adults is 1,000mg of calcium per day.

FOOD SOURCE	SERVING SIZE	APPROX. CALCIUM (MG)
Legumes & Soy		
Tofu (Set with Calcium Sulfate)	1/2 cup	430mg
Tempeh	1 cup	180mg
Soy Milk (Fortified)	1 cup	300mg
White Beans	1 cup cooked	160mg
Nuts & Seeds		
Chia Seeds	2 tbsp	180mg
Tahini (Sesame Butter)	2 tbsp	130mg

FOOD SOURCE	SERVING SIZE	APPROX. CALCIUM (MG)
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Almonds	1/4 cup	95mg
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Vegetables & Greens

Collard Greens (Cooked)	1 cup	260mg
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Kale (Cooked)	1 cup	170mg
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Bok Choy (Cooked)	1 cup	160mg
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Broccoli	1 cup cooked	60mg
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Fruits & Others

Dried Figs	5 fruits	70mg
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Blackstrap Molasses	1 tbsp	100mg
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Orange Juice (Fortified)	1 cup	350mg
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Tip Pair with Vitamin D for optimal absorption.

Educational Template Only