

VEGAN CALCIUM SOURCES

Greens & Vegetables

| Source | Per Cup |
|-------------------------|---------|
| Collard Greens (Cooked) | 268 mg |
| Spinach (Cooked) | 245 mg |
| Turnip Greens (Cooked) | 197 mg |
| Kale (Cooked) | 177 mg |
| Broccoli (Raw) | 43 mg |

Legumes & Soy

| Source | Per Cup |
|-------------------------|---------|
| Tofu (Set with Calcium) | 860 mg |
| Tempeh | 184 mg |
| Soybeans (Edamame) | 98 mg |
| White Beans | 161 mg |
| Chickpeas | 80 mg |

Nuts & Seeds

| Source | Per 28g |
|-----------------------|---------|
| Chia Seeds | 179 mg |
| Sesame Seeds (Tahini) | 128 mg |
| Almonds | 76 mg |
| Flax Seeds | 71 mg |

| Source | Per 28g |
|------------|---------|
| Hemp Seeds | 20 mg |

Fortified & Other

| Source | Serving |
|------------------------------|---------|
| Plant Milk (Fortified) | 300 mg |
| Orange Juice (Fortified) | 300 mg |
| Blackstrap Molasses (1 tbsp) | 200 mg |
| Dried Figs (5 medium) | 90 mg |

Note: Recommended Daily Allowance (RDA) for adults is typically 1,000mg. Pair with Vitamin D for optimal absorption.