

VEGAN PREGNANCY CALCIUM GUIDE

Daily Recommended Intake: 1,000 mg per day

FOOD SOURCE	SERVING SIZE	CALCIUM (MG)
Fortified Foods & Soy		
Fortified Plant Milk (Soy/Pea)	1 cup	300 - 450 mg
Calcium-Set Tofu (Firm)	1/2 cup	250 - 400 mg
Fortified Orange Juice	1 cup	300 mg
Soy Yogurt (Fortified)	3/4 cup	250 mg
Leafy Greens & Vegetables		
Collard Greens (Cooked)	1 cup	268 mg
Kale (Cooked)	1 cup	177 mg
Bok Choy (Cooked)	1 cup	160 mg
Broccoli (Cooked)	1 cup	60 mg

FOOD SOURCE	SERVING SIZE	CALCIUM (MG)
Legumes, Nuts & Seeds		
Tahini (Sesame Butter)	2 tbsp	130 mg
Chia Seeds	2 tbsp	180 mg
Almonds	1/4 cup	95 mg
White Beans (Cooked)	1 cup	160 mg
Blackstrap Molasses	1 tbsp	100 mg
Dried Figs	5 fruits	70 mg

Note: Bioavailability is higher in low-oxalate greens like kale and bok choy compared to spinach. Consult with your healthcare provider or a registered dietitian for personalized prenatal nutrition advice.