

WFPB Calcium Sources

Whole Food Plant Based Nutrition Reference Guide

CATEGORY	FOOD ITEM	SERVING SIZE	CALCIUM (MG)
Leafy Greens	Collard Greens (Cooked)	1 cup	268mg
Leafy Greens	Kale (Cooked)	1 cup	177mg
Legumes	Soybeans (Edamame)	1 cup	100mg
Legumes	White Beans (Cooked)	1 cup	160mg
Nuts & Seeds	Chia Seeds	2 tbsp	180mg
Nuts & Seeds	Tahini (Sesame Butter)	2 tbsp	130mg
Nuts & Seeds	Almonds	1/4 cup	95mg
Fruits	Dried Figs	5 medium	70mg
Vegetables	Broccoli (Cooked)	1 cup	60mg

Recommended Dietary Allowance (RDA) for most adults: 1,000mg per day.