

PLANT-BASED

CALCIUM SOURCES



SOY MILK (ENRICHED)
290 mg/cup



TOFU
250 mg/100g



SOYBEANS
175 mg/cup



WHITE BEAN
160 mg/cup



SPINACH
145mg/½ cup



TAHINI
120mg/tbsp



EDAMAME
100mg/cup



CHICKPEAS
80mg/cup



CHIA SEEDS
75mg/tbsp



ORANGE
65mg/1 unit



ADZUKI BEANS
65mg/cup



BROCCOLI
60mg/cup



OKRA
60mg/½ cup



SNAP BEANS
55mg/cup



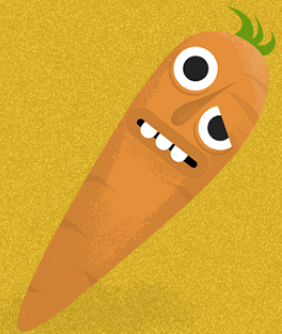
FIG
40mg/2 units



SWEET POTATO
40mg/medium unit



PARSLEY
40mg/½ cup



CARROT
40mg/medium unit



PUMPKIN (MASHED)
40 mg/cup



CABBAGE
35mg/cup



ALMONDS
30mg/9 nuts



QUINOA
30 mg/cup



TOMATO
30mg/2 units



ARUGULA
30mg/cup



BRAZIL NUTS
25mg/3 nuts

RECOMMENDED DAILY ALLOWANCE

700 mg
CHILDREN 1-3

1,000 mg
CHILDREN 4-8
FEMALE 19-50
MALE 19-70

1,200 mg
FEMALE 51+
MALE 71+

1,300 mg
CHILDREN 9-18

[CALCIUM CONTENT FOR A SERVING SIZE OF COOKED LEGUMES AND GRAINS]

