

45 Plant-Based Calcium Rich Foods

Beans & Legumes

(per cup)



- Black Beans – 100 mg
- Black-eyed Peas – 211 mg
- Edamame – 175 mg
- Garbanzo Beans – 100 mg
- Mung Beans – 55 mg
- Pinto Beans – 78 mg
- White Beans – 126 mg

Vegetables

(per cup cooked)



- Bok Choy – 158 mg
- Broccoli – 62 mg
- Collard Greens – 268 mg
- Kale – 177 mg
- Mustard Greens – 165 mg
- Okra – 124 mg
- Spinach* – 240 mg
- Turnip Greens – 197 mg

Fruit

(per cup)



- Blackberries – 42 mg
- Dried Apricots – 75 mg
- Dried figs – 300 mg
- Kiwi – 61 mg
- Oranges – 72 mg
- Prunes – 75 mg
- Rhubarb* – 105 mg
- Tangerines – 72 mg

Nuts and Seeds



- Almond Butter (2 Tbsp) – 111 mg
- Almonds (1/4 cup) – 94 mg
- Brazil Nuts (6 nuts) – 45 mg
- Chia Seeds (1 Tbsp) – 67 mg
- Pumpkin Seeds (1 cup) – 35 mg
- Sesame Seeds (1 Tbsp) – 88 mg
- Sunflower Seeds (3 Tbsp) – 50 mg
- Tahini (2 Tbsp) – 160 mg

Calcium Fortified Foods

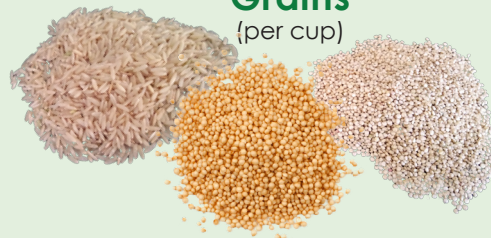


- Apple Juice (1 cup) – 200 mg
- Bread (1 slice) – 30 mg
- Breakfast Cereals (1 cup) – 250-1000 mg (depending on variety)
- Orange Juice (1 cup) – 300 mg
- Plant milk (1 cup) – 300 mg (soy, almond, hemp, rice, cashew)



Grains

(per cup)



- Amaranth – 270 mg
- Brown Rice – 150 mg
- Corn Tortillas – 85 mg
- Oatmeal – 187 mg
- Quinoa – 149 mg

Other

- Blackstrap Molasses (1 Tbsp) 135 mg
- Dark Chocolate (4 oz. bar) 72 mg
- Tempeh – 184 mg
- Tofu (4 oz) – 200-434 mg (varies by variety and preparation)

