

Plant-Based CALCIUM CHART

Calcium recommendation 1000 mg per day
**individual requirements may vary*

Food	Amount	Calcium (mg)
Blackstrap molasses	2 Tbsp	400
Collard greens, cooked	1 cup	357
Other plant milks, calcium-fortified	8 ounces	300–500
Tofu	4 ounces	200–420
Calcium-fortified orange juice	8 ounces	350
Soy or rice milk, commercial, calcium-fortified, plain	8 ounces	200–300
Soy yogurt, commercial, plain	6 ounces	300
Turnip greens, cooked	1 cup	249
Tempeh	1 cup	184
Kale, cooked	1 cup	179
Soybeans, cooked	1 cup	175
Bok choy, cooked	1 cup	158
Mustard greens, cooked	1 cup	152
Okra, cooked	1 cup	135
Tahini	2 Tbsp	128
Navy beans, cooked	1 cup	126
Almond butter	2 Tbsp	111
Almonds, whole	1/4 cup	94
Broccoli, cooked		62

100 Calories of Arugula

=

1300 mg calcium

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