

Plant-Based Sources of CALCIUM



Daily Calcium for Women

- Nonpregnant: 1,000 mg
- Pregnant: 1,000 mg
- Breastfeeding: 1,000 mg

TOFU FORTIFIED

Calcium 861 mg (86% DV)
Serving Size 1/2 cup (126 g)
Calories 181 kcal



ORANGE JUICE FORTIFIED

Calcium 349 mg (35% DV)
Serving Size 1 cup (249 g)
Calories 117 kcal



SOY MILK, FORTIFIED

Calcium 299 mg (30% DV)
Serving Size 1 cup (243 g)
Calories 104 kcal



SESAME SEEDS

Calcium 263 mg (26% DV)
Serving Size 3 tbsp (27 g)
Calories 155 kcal



BLACKSTRAP MOLASSES

Calcium 200 mg (20% DV)
Serving Size 1 tbsp (15 g)
Calories 60 kcal



CHIA SEEDS

Calcium 190 mg (19% DV)
Serving Size 3 tbsp (30 g)
Calories 146 kcal



KALE

Calcium 177 mg (18% DV)
Serving Size 1 cup (118 g)
Calories 43 kcal



BOK CHOY

Calcium 158 mg (16% DV)
Serving Size 1 cup (170 g)
Calories 20 kcal



TEMPEH

Calcium 92 mg (9% DV)
Serving Size 1/2 cup (83 g)
Calories 160 kcal



DRIED FIGS

Calcium 91 mg (9% DV)
Serving Size 1/2 cup (130 g)
Calories 139 kcal



SOYBEANS

Calcium 88 mg (9% DV)
Serving Size 1/2 cup (86 g)
Calories 148 kcal



WHITE BEANS

Calcium 81 mg (8% DV)
Serving Size 1/2 cup (90 g)
Calories 125 kcal



FLAXSEEDS

Calcium 79 mg (8% DV)
Serving Size 3 tbsp (31 g)
Calories 165 kcal



ORANGES

Calcium 65 mg (6% DV)
Serving Size 1 medium (151 g)
Calories 70 kcal



SOY NUTS

Calcium 64 mg (6% DV)
Serving Size 1/2 cup (47 g)
Calories 218 kcal



NAVY BEANS

Calcium 63 mg (6% DV)
Serving Size 1/2 cup (91 g)
Calories 128 kcal



BROCCOLI

Calcium 62 mg (6% DV)
Serving Size 1 cup (156 g)
Calories 55 kcal



SWEET POTATOES

Calcium 62 mg (6% DV)
Serving Size 1 cup (176 g)
Calories 176 kcal



This list contains foods with listed amounts of calcium per serving, including some commonly fortified foods, legumes, leafy greens, and other vegetables. Foods that decrease the absorption of calcium (such as spinach, collard greens, almonds, and okra) are not included. According to the FDA, the Daily Value percentage (% DV) of calcium is based on 1,000 mg.