





Vegan sources of calcium

Calcium is the most abundant mineral in the body and has many vital roles. It is required to strengthen bones and teeth and it regulates muscle contractions, blood clotting, normal heart rhythms and nerve functions.

Recommended Daily Intake (RDI) for calcium

| | | | |
|---|---|---|---|
|  |  |  |  |
| 19+ male | 19+ female | Pregnancy | Lactation |
| 1000 mg/day | 1000 mg/day | 1000 mg/day | 1000 mg/day |



| Food (serving size) | Calcium (mg) |
|--|--------------|
| Tofu, firm , as purchased (100g) | 320 |
| Seaweed , nori, dried (100g, 1/8 cup) | 310 |
| Soy milk , calcium fortified (1 cup) | 299 |
| Almonds , raw with skin, unsalted (100g, 3/4 cup) | 265 |
| Kelp , raw (100g, 1/8 cup) | 168 |
| Chinese cabbage, bok choy/pak choi , cooked (110g, 1 cup) | 158 |
| Wakame , raw (100g, 1/8 cup) | 150 |
| Soybeans , cooked (95g, 1/2 cup) | 131 |
| Spinach , boiled, drained (112g, 1/2 cup) | 123 |
| Brazil nut , raw (80g, 1/2 cup) | 120 |
| Turnip greens , fresh, boiled (72g, 1/2 cup) | 99 |
| Kale , cooked (118g, 1 cup) | 94 |
| Tempeh , raw (100g) | 93 |
| Hazelnut , raw (100g, 3/4 cup) | 86 |
| Chia seeds (10g, 1 tablespoon) | 76 |
| Blackberries (110g, 1 cup) | 65 |
| Broccoli , cooked (91g, 1 cup) | 62 |
| Figs, dried (40g, 1/4 cup) | 61 |
| Amaranth , cooked (123g, 1/2 cup) | 58 |
| Cannellini beans , cooked (85g, 1/2 cup) | 56 |
| Tahini , sesame seed pulp (15g, 1 tablespoon) | 50 |
| Chickpeas , boiled (85g, 1/2 cup) | 49 |
| Pinto beans , canned, drained (86g, 1/2 cup) | 39 |
| Linseed or flaxseed (10g, 1 tablespoon) | 26 |
| Psyllium , uncooked (9g, 1 tablespoon) | 17 |

Note: Oxalates, and to a lesser extent phytic acid, present in vegetables inhibit the absorption of calcium. Low- and moderate-oxalate vegetables like turnip greens, broccoli, and kale are considered better sources than higher-oxalate vegetables, such as spinach, beet greens, and Swiss chard.