



Vegetarian Calcium Food Sources

Many plant-based foods, such as green vegetables, almonds, and broccoli are rich in calcium, an important nutrient. In addition, choose a total of two servings per day of calcium-fortified foods such as plant-based milk alternatives or tofu, and consider taking a calcium supplement to meet your daily calcium needs.

Food	Serving	Calcium (mg)
Ready-to-eat cereal, fortified with calcium	¾ - 1 cup	100 - 1000*
Almond milk, fortified with calcium	1 cup	450*
Soy yogurt, fortified with calcium	1 cup	450*
Soymilk, original, fortified with calcium	1 cup	300 - 500*
Tofu, regular, processed with calcium	½ cup	434*
Orange juice, fortified with calcium	1 cup	349*
Black strap molasses	2 tablespoons	230
Almond yogurt, fortified with calcium	170 grams	200*
Tempeh	1 cup	184
Tahini	2 tablespoons	128
Almond butter	2 tablespoons	111
Turnip greens, raw	1 cup	104
Kale, raw	1 cup	100
Edamame, frozen, prepared	1 cup	98
Almonds	¼ cup	94
Figs	5 medium	88
Garbanzo beans, cooked	1 cup	80
Pinto beans, cooked	1 cup	79
Bok choy, raw	1 cup	74



Food	Serving	Calcium (mg)
Mustard greens, raw	1 cup	64
Black beans, cooked	1 cup	46
Broccoli, raw	1 cup	43
Corn tortillas	2 each	39

*May vary depending on product

All nutritional information from USDA National Nutrient Database for Standard Reference or food manufacturer labeling. Courtesy of Sharon Palmer, RD, The Plant-Powered Dietitian™

Calcium RDA	
Life Stage Group	Calcium (mg/d)
Infants: 0 to 6 months 6 to 12 months	200 260
Children: 1 to 3 years 4 to 8 years	700 1,000
Males: 9 to 18 years 19 to 70 years >71 years	1,300 1,000 1,200
Females: 9 to 18 years 19 to 50 years >71 years	1,300 1,000 1,200
Pregnancy: 14 to 18 years 19 to 50 years	1,300 1,000
Lactation: 14 to 18 years 19 to 50 years	1,300 1,000

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