

High Calcium Plant Foods

Vegetables

1. **Collard Greens**
One cup, cooked (190 g): **268 mg**
2. **Kale (cooked)**
One cup, cooked (118 g): **179 mg**
3. **Bok Choi**
One cup, cooked (170 g): **158 mg**
4. **Broccoli**
One cup, raw (91 g): **43 mg**
5. **Turnip Greens**
One cup, cooked (144 g): **165 mg**
6. **Mustard Greens**
One cup, cooked (140 g): **165 mg**
7. **Rhubarb**
One cup, cooked (240 g): **175 mg**
8. **Butternut Squash**
One cup, cooked (205 g): **84 mg**
9. **Dandelion Greens**
One cup, cooked (110 g): **214 mg**
10. **Spinach**
One cup, cooked (110 g): **245 mg**



Recommended Daily Intake

1,000 mg for most adults

with slightly higher needs for teenagers, postmenopausal women, and older adults.

High Calcium Plant Foods

Legumes

1. Tofu

(prepared with calcium sulfate)
½-cup (125 g): **434 mg**

2. White Beans

One cup, cooked (179 g): **161 mg**

3. Chickpeas

One cup, cooked (164 g): **80 mg**

4. Soybeans

One cup, cooked (172 g): **175 mg**

5. Navy Beans

One cup, cooked (182 g): **126 mg**

6. Tempeh

One cup (166 g): **184 mg**

Nuts & Seeds

1. Chia Seeds

One tbsp (15 g): **89 mg**

2. Tahini

One tbsp (28 g): **154 mg**

3. Almonds

Handful (28 g ~ 23 pcs.): **76 mg**

4. Sesame Seeds

One tbsp (9 g): **88 mg**

5. Sunflower Seeds

One cup (140 g): **109 mg**

Tips —

Variety:

Include a mix of seeds, nuts, leafy greens, beans, etc., to cover your calcium needs.

Snacks:

Keep calcium-rich snacks like almonds, figs, and fortified plant-based yoghurts handy.

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Miscellaneous

- 1. Fortified Plant-Based Milk**
One cup (240 ml): **300-500 mg** (varies by brand)
- 2. Blackstrap Molasses**
One tbsp (21 g): **291 mg**
- 3. Oranges**
One medium orange (140 g): **60 mg**
- 4. Figs (dried)**
Five figs (42 g): **68 mg**
- 5. Amaranth**
One cup, cooked (246 g): **116 mg**

Importance of Calcium —

Calcium is essential for bone health, muscle function, nerve transmission, and blood clotting. Adequate calcium intake is crucial for preventing osteoporosis and maintaining overall health.



Example Daily Calcium Intake Plan

CALCIUM INTAKE —

Total 1,401 mg

Plant Milk: 300 mg	Kale: 179 mg
Chia Seeds: 178 mg	Orange: 60 mg
Almonds: 76 mg	White Beans: 63 mg
Tofu: 434 mg	Broccoli: 43 mg
(Spinach: 245 mg)	Dried Figs: 68 mg

Breakfast

Fortified Plant-Based Milk (1 cup) 300 mg
Perfect with your cereal, or try it in the
[Superseed Multi-Oat Crunch Breakfast](#).

Chia Seeds (2 tbsp) 178 mg
Already included in the
Superseed Oats Breakfast.

Lunch

Tofu (½-cup) 434 mg
Great in a stir-fry or the
[Aromatic Spinach Coconut Fusion with Tofu](#).

Spinach (1 cup cooked) 245 mg
Already included in the Spinach Fusion recipe.

or

Kale (1 cup cooked) 179 mg
Add to a salad or as a side.

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Dinner

White Beans (70 g cooked) 63 mg
Toss into a bean stew or savour in this [Rich Thai Curry Soup with Silky Beans](#).

Broccoli (1 cup cooked) 43 mg
Steam or roast as a tasty side.

Snacks

Dried Figs (5 figs) 68 mg
Orange (1 medium) 60 mg
Almonds (1 handful) 76 mg

Enhancing Calcium Absorption —

Oxalates and Phytates:

Some plant foods, like spinach and beans, have oxalates and phytates that can reduce calcium absorption. They're still nutritious, but it's good to mix in low-oxalate options like kale, broccoli, and bok choy. Soaking beans and boiling veggies can also help lower oxalate levels.

Vitamin D:

Vitamin D enhances calcium absorption. Ensure adequate sunlight exposure or consider a vitamin D supplement if necessary.

Limit Excessive Salt and Caffeine:

High salt and caffeine intake can increase calcium excretion. Moderation is key.

Spread Intake Throughout the Day:

The body can only absorb a limited amount of calcium at a time. Spread your calcium-rich foods across meals rather than consuming them all at once.

Avoid Excessive Zinc and Iron Supplements:

High levels of zinc and iron supplements can interfere with calcium absorption, so balance is crucial.