



Center for Integrative Oncology and Survivorship

25 Vegan Sources for Calcium

1. Almond butter (2 tbsp. contains 85 mg)
2. Amaranth (1 cup contains 275 mg)
3. Apricots, dried (1/2 cup contains 35 mg)
4. Artichoke (1 medium artichoke contains 55 mg)
5. Beans, adzuki (1 cup contains 65 mg)
6. Beans, great northern (1 cup contains 120 mg)
7. Beans, navy (1 cup contains 125 mg)
8. Blackberries (1 cup contains 40 mg)
9. Black currants (1 cup contains 62 mg)
10. Blackstrap molasses (2 tbsp. contains 400 mg)
11. Broccoli (1 cup contains 95 mg)
12. Dates (1/2 cup contains 35 mg)
13. Fennel, raw (1 medium bulb contains 115 mg)
14. Figs (1/2 cup contains 120 mg)
15. Greens, collard (1 cup contains more than 350 mg)
16. Greens, turnip (1 cup contains 250 mg)
17. Kale (1 cup contains 180 mg)
18. Milk, fortified non-dairy (1 cup contains 200-300 mg)
19. Milk, hemp (1 cup contains 460 mg)
20. Oranges (1 orange contains between 50 and 60 mg)
21. Orange juice, fortified (1 cup contains 300 mg)
22. Sesame seeds, roasted (1 oz. contains 35 mg)
23. Soybeans (1 cup contains 175 mg)
24. Tahini (2 tbsp. contains 130 mg)
25. Tempeh (1 cup contains 215 mg)

For more information, visit care2.com/greenliving/25-vegan-sources-for-calcium.html#ixzz2xq1GDVF.