



Vegan Calcium Sources and RDI

Vegan Calcium sources



Broccoli
1 cup = 95mg



Kale
1cup= 180 mg



Edamame
1 cup = 75mg



Molasses
1 TBSP = 200mg



Tahini
2TBSP = 130mg



Dried figs
1/2 cup = 120mg

**Recommended
Daily Intake (RDI)
Calcium /day**

**Men: 1000mg
Women: 1000mg**



Soy milk enriched
200ml=240mg



Collard
1 cup = 6mg



Amaranth
1 cup = 275mg



Cooked beans
1 cup = 120mg