

# Plant-Based Calcium-Rich Foods at a Glance™

Build calcium into your day without relying on dairy or fish.

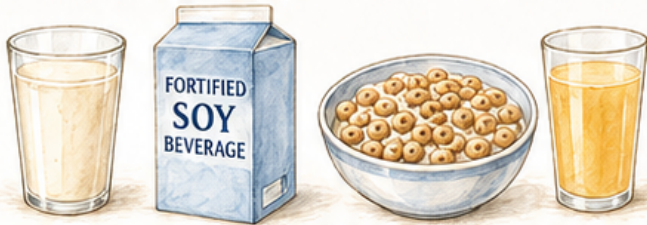


## START WITH THE LABEL

Calcium varies widely in fortified foods and tofu. Check the serving size and milligrams of calcium rather than assuming every brand is the same.



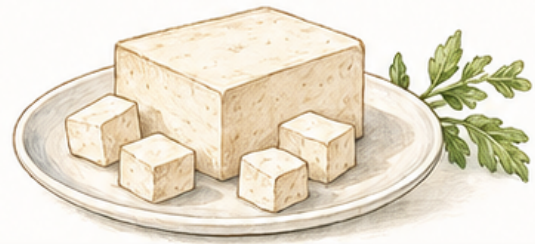
## FORTIFIED STAPLES



|                          |           |             |
|--------------------------|-----------|-------------|
| Fortified plant beverage | 1 cup     | check label |
| Fortified juice          | 1 cup     | check label |
| Fortified cereal         | 1 serving | check label |

*Shake fortified beverages before pouring so the added calcium is evenly distributed.*

## CALCIUM-SET TOFU



|                                |       |             |
|--------------------------------|-------|-------------|
| Tofu made with calcium sulfate | ½ cup | check label |
|--------------------------------|-------|-------------|

*Look for calcium sulfate in the ingredient list.  
Tofu made with a different coagulant may contain much less calcium.*

## GREENS



|                        |       |              |
|------------------------|-------|--------------|
| Collard greens, cooked | 1 cup | about 266 mg |
| Kale, cooked           | 1 cup | about 179 mg |
| Bok choy, cooked       | 1 cup | about 160 mg |
| Broccoli rabe, cooked  | 1 cup | about 100 mg |

## BEANS, SOY & SEEDS



|                     |        |              |
|---------------------|--------|--------------|
| Soybeans, cooked    | 1 cup  | about 175 mg |
| White beans, cooked | 1 cup  | about 160 mg |
| Chia seeds          | 1 oz   | about 180 mg |
| Tahini              | 2 Tbsp | about 125 mg |

*Amounts vary by product and preparation.*



## A NOTE ABOUT GREENS

Spinach contains calcium, but its oxalates reduce how much your body absorbs. Kale, bok choy and collards provide calcium that is more readily available.



## BUILD A PLANT-BASED DAY

Fortified beverage at breakfast + calcium-set tofu at lunch + cooked greens at dinner + chia seeds in a snack can help calcium add up across the day.



## Gentle Reminder

Plant-based eating can support strong bones, but calcium is only part of the picture. Protein, vitamin D, movement and overall nourishment also matter.



## Martine's Midlife Wellness Tip

Choose two dependable calcium foods you genuinely enjoy and use them often.  
*Consistency is easier than calculating every bite.*