

Table 1: Calcium Content of Selected Vegan Foods

Food	Amount	Calcium (mg)
Blackstrap molasses	2 Tbsp	400
Collard greens, cooked	1 cup	357
Tofu, processed with calcium sulfate*	4 ounces	200-330
Calcium-fortified orange juice	8 ounces	300
Soy or ricemilk, commercial,	8 ounces	200-300
Commercial soy yogurt, plain	6 ounces	80-250
Turnip greens, cooked	1 cup	249
Tofu, processed with nigari*	4 ounces	80-230
Tempeh	1 cup	215
Kale, cooked	1 cup	179
Soybeans, cooked	1 cup	175
Okra, cooked	1 cup	172
Bok choy, cooked	1 cup	158
Mustard greens, cooked	1 cup	152
Tahini	2 Tbsp	128
Broccoli, cooked	1 cup	94
Almonds	1/4 cup	89
Almond butter	2 Tbsp	86
Soy milk, commercial, plain	8 ounces	80

*Read the label on your tofu container to see if it is processed with calcium sulfate or nigari.

Note: Oxalic acid, which is found in spinach, rhubarb, chard, and beet greens binds with the calcium in those foods and reduces its absorption. These foods should not be considered good sources of calcium. Calcium in other green vegetables, like kale, collard greens, Chinese mustard greens, and Chinese cabbage flower leaves is well absorbed^{1,19}. Fiber appears to have little effect on calcium absorption except for the fiber in wheat bran that does have a small effect²⁰.

Sources: Composition of Foods. USDA Nutrient Data Base for Standard Reference, Release 18, 2005 and Manufacturer's information.