

TOP 15 PLANT-BASED CALCIUM-RICH FOODS

soymilk (calcium-fortified)	1 cup	368 mg
rice milk (enriched)	1 cup	300 mg
orange juice (fortified)	1 cup	300 mg
sesame seeds, whole, roasted/toasted	1oz/28g	280 mg
collards (cooked)	1 cup, cooked	268 mg
tofu (firm)	½ cup, raw	253 mg
spinach*	1 cup, cooked	245 mg
taro root	1 cup, cooked	204 mg
soybeans	1 cup, cooked	175 mg
white beans	1 cup, cooked	161 mg
mustard greens	1 cup, cooked	165 mg
beet greens*	1 cup, cooked	164 mg
taro root	1 cup, raw	161 mg
Pak Choi	1 cup, cooked	158 mg
dandelion greens	1 cup	147 mg
* = high in oxalates		
Numbers from the National Nutrient Database for Standard Reference.		