

PLANT SOURCES OF CALCIUM



Lyn Sharkey
NUTRITIONAL THERAPIST

The following is a list of Calcium containing plant foods:

SALAD GREENS

<i>Serving Size:</i>	<i>1 Cup</i>
Kale, boiled	94
Parsley, raw	78
Turnip Greens, boiled	198
Watercress, raw	40

OTHER VEGETABLES

<i>Serving Size: (unless noted)</i>	<i>1 Cup, Cooked</i>
Asparagus	36
Bok Choy	158
Broccoli	72
Brussel Sprouts	56
Butternut Squash	84
Cabbage, Green	50
Cabbage, Red	56
Carrots	48
Cauliflower	34



Celery, raw	44
Green Beans	58
Radishes, raw, sliced	29
Sweet Potato, cubed	76

SOY FOODS

<i>Serving Size:</i>	<i>1 Cup</i>
Soy milk	93
Soy milk, calcium-fortified	368
Tempeh	184
Tofu, Firm, set with calcium	516
Tofu, Medium Firm, set with calcium	260

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FRUIT

<i>Serving Size: (unless noted)</i>	<i>1 Medium</i>
Blackberries (1 cup)	46
Figs, dried (5 medium)	134
Kiwi	46
Orange	56
Papaya, raw	72
Raisins, Golden (2/3 cup)	53

GRAINS

<i>Serving Size:</i>	<i>1 Cup</i>
Amaranth Flour	300
Amaranth, cooked	276
Quinoa, cooked	100

LEGUMES

<i>Serving Size:</i>	<i>1 Cup, Cooked</i>
Baked Beans	128
Mung Beans	56
White Beans	161

SEAFOOD

<i>Serving Size: (unless noted)</i>	<i>3 Ounces</i>
Sardines, canned, drained	317

NUTS & SEEDS

<i>Serving Size: (unless noted)</i>	<i>1 Ounce</i>
Almonds, roasted	80
Brazil Nuts	45
Sesame Seeds, whole, roasted	280
Almond Butter (1 Tablespoon)	43

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