

Plant Sources of Calcium

The chart gives a summary of calcium rich plant foods, calcium content, absorption rate and total estimated absorption.

Food	Serving Size	Calcium Content (mg.)	Fractional Absorption (%)	Estimated absorbable Calcium/serving (mg.)
Cow's milk	1 cup	300	32	96
Almonds, dry roasted	1 oz.	80	21	17
Almond Butter	1 Tbsp.	43	21	9
Beans, pinto, red or cranberry	1 cup	82-89	17	14-15
Beans, great northern or navy	1 cup	121-128	17	21-22
Beans, white	1 cup	161	17	27
Blackstrap molasses	1 Tbsp.	137	n/a	n/a
Broccoli, boiled	1 cup	178	53	94
Brussel sprouts, boiled	1 cup	56	64	36
Chinese Cabbage (bok Choy), boiled	1 cup	158	54	85
Cabbage, green, boiled	1 cup	50	65	33
Cauliflower, boiled	1 cup	34	69	23
Figs, dried	5 medium	135	n/a	n/a
Kale, boiled	1 cup	94	59	55
Kohlrabi, boiled	1 cup	40	67	27
Mustard greens, boiled	1 cup	104	58	60
Oranges, navel	1 medium	56	n/a	n/a
Rutabaga, boiled	1 cup	72	61	44

Sesame seeds, hulled	1 oz.	37	21	8
Sesame seeds, unhulled	1 oz.	381	21	58
Sesame seed butter (tahini)	1 Tbsp.	64	21	13
Soy milk, Semblence	1 cup	200	31	62
Soy milk, Edensoy	1 cup	95	31	29
Soy milk, Vitasoy	1 cup	76	31	24
Spinach, boiled	1 cup	244	5.1	12
Tofu, set with calcium, firm	1/2 cup	258	31	80
Tofu, set with calcium, med.	1/2 cup	130	31	40
Turnip greens, boiled	1 cup	198	52	103

Provided in the chart is the following information:

1. **Total calcium content per serving.** This gives the calcium content in mg. of calcium per serving. Source: Pennington's Food Values of Portions Commonly Used, 1989.
2. **Fractional absorption.** This tells us how much calcium will be absorbed from a food. the figures were derived from Connie Weaver's work at Purdue University in the U.S.
3. **Estimated absorbable calcium.** This figure tells us how much calcium will be absorbed by our bodies.
4. **Chart developed by Brenda Davis, R.D.**