



# Good Vegan Calcium Sources

*Food Values of Portions Commonly Used*  
by Jean A. T. Pennington

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## **White/Wholemeal bread, Taco Shells, Oats**

White bread: 30 mg of Ca per slice  
Whole wheat bread: 18 mg of Ca per slice  
Taco shell: 16 mg of Ca per slice  
Instant oatmeal: 163 mg of Ca per packet

## **Soyabeans, Tofu, Almonds, Brazil Nuts, Pistachios, Sunflower Seeds**

Soy beans, mature, boiled: 175 mg of Ca per cup  
Tofu, raw: 130 mg of Ca per .5 cup (258 mg for firm tofu)  
Almonds, 24, dried: 75 mg of Ca  
Brazil nuts, 8, dried: 50 mg of Ca  
Pistachios, 38, dried: 38 mg of Ca  
Sunflower seeds, dried: 33 mg of Ca per oz

## **Sesame Seeds, Flax Seed, Carob**

Sesame seeds, kernels, dried: 10 mg of Ca per Tbsp (88 mg for whole seeds)  
Flax seed: not listed  
Carob flour: 359 mg of Ca per cup

## **Beet Greens, Collards, Dandelion Greens, Mustard Greens, Spinach**

Beet greens, boiled: 82 mg of Ca per .5 cup  
Collards, boiled: 148 mg of Ca per cup  
Dandelion greens, raw: 42 mg of Ca per .5 cup (73 if boiled)  
Mustard greens, boiled: 52 mg of Ca per .5 cup  
Spinach, raw: 28 mg of Ca per .5 cup (122 mg if boiled)

## **Turnip Greens, Watercress, Broccoli, Carrots, Cabbage, Garlic, Parsley**

Turnip greens, raw: 53 mg of Ca per .5 cup (99 mg if boiled)  
Watercress, raw: 20 mg of Ca per .5 cup  
Broccoli, raw: 21 mg of Ca per .5 cup (89 mg if boiled)  
Carrots, raw: 19 mg of Ca per medium carrot  
Carrots, boiled: 24 mg of Ca per .5 cup  
Cabbage, green, raw: 16 mg of Ca per .5 cup (25 mg if boiled)  
Cabbage, red, raw: 18 mg of Ca per .5 cup (28 mg if boiled)  
Garlic, raw, 3 cloves: 16 mg of Ca  
Parsley, raw: 39 mg of Ca per .5 cup

## **Spirulina, Chives, Seaweed, Cauliflower, Okra, Cassava**

Spirulina: no data for Ca  
Chives, raw: 2 mg of Ca per Tbsp  
Agar, raw: 54 mg of Ca per 3.5 oz  
Agar, dried: 625 mg of Ca per 3.5 oz  
Irishmoss, raw: 72 mg of Ca per 3.5 oz  
Kelp, raw: 168 mg of Ca per 3.5 oz  
Laver (nori), raw: 70 mg of Ca per 3.5 oz  
Wakame, raw: 150 mg of Ca per 3.5 oz  
Cauliflower, raw: 14 mg of Ca per .5 cup (17 mg if boiled)  
Okra, boiled: 50 mg of Ca per .5 cup  
Cassava, raw: 91 mg of Ca per 3.5 oz

## **Figs, Papaya, Rhubarb, Molasses**

Figs, raw: 18 mg of Ca per medium fig  
Figs, dried: 269 mg of Ca per 10 figs  
Papaya, raw: 72 mg of Ca per medium papaya  
Rhubarb, frozen, raw: 266 mg of Ca per cup  
Molasses, barbados: 49 mg of Ca per Tbsp  
Molasses, blackstrap: 137 mg of Ca per Tbsp  
Molasses, light: 33 mg of Ca per Tbsp  
Molasses, medium: 58 mg of Ca per Tbsp

## **Foods left off the original list:**

Azuki beans, boiled: 63 mg of Ca per cup  
Amaranth, boiled: 138 mg of Ca per cup

Canned baked beans, veg:	128 mg of Ca per cup
Beans, refried, canned:	188 mg of Ca per cup
Black beans, boiled:	47 mg of Ca per cup
Black turtle beans, boiled:	103 mg of Ca per cup
Burdock root, boiled:	62 mg of Ca per cup
Butter beans, canned:	40 mg of Ca per cup
Butterbur (fuki), boiled:	59 mg of Ca per 3.5 oz (what is this?)
Cabbage, chinese (pak choi):	79 mg of Ca per .5 cup, boiled (37 if raw)
Cardoon, boiled:	72 mg of Ca per 3.5 oz (don't know this either)
Chickpeas, boiled:	80 mg of Ca per cup
Hummus:	124 mg of Ca per cup
Chickory greens, raw:	90 mg of Ca per .5 cup
Blackeyed peas, boiled:	42 mg of Ca per cup
Cranberry beans, boiled:	89 mg of Ca per cup
French beans, boiled:	111 mg of Ca per cup
Great northern beans, boiled:	121 mg of Ca per cup
Kale, boiled:	47 mg of Ca per .5 cup
Kidney beans, boiled:	50 mb of Ca per cup
Lambsquarters, boiled:	232 mg of Ca per .5 cup
Lima beans, boiled:	32 mg of Ca per cup (52 mg for baby limas)
Lupins, boiled:	85 mg of Ca per cup
Mung beans, boiled:	55 mg of Ca per cup
Mungo beans, boiled:	95 mg of Ca per cup
Navy beans, boiled:	128 mg of Ca per cup
Pigeon peas, boiled:	72 mg of Ca per cup
Pink beans, boiledd:	88 mg of Ca per cup
Pinto beans, boiled:	82 mg of Ca per cup
Natto:	191 mg of Ca per .5 cup
Tempeh:	75 mg of Ca per .5 cup
Acorn squash, baked:	45 mg of Ca per .5 cup
Butternut squash, boiled:	42 mg of Ca per .5 cup
White beans, boiled:	161 mg of Ca per cup
White beans, small, boiled:	131 mg of Ca per cup
Winged beans, boiled:	244 mg of Ca per cup
Yellow beans, boiled:	110 mg of Ca per cup

Some other sources of calcium information (numbers may not match this page, don't know which ones are more correct!):

- [Mayo Clinic](#)
- [Health WWWeb](#)