

# CALCIUM-RICH VEGAN FOODS

## 21 CALCIUM-RICH VEGAN FOODS

1. Almonds
2. Almond milk, fortified
3. Bok choy



4. Brazil nuts
5. Chia seeds
6. Coconut milk, fortified



7. Collard greens
8. Figs, dried
9. Kale



10. Kumquat
11. Mustard greens
12. Okra



13. Orange juice, fortified
14. Rhubarb
15. Seaweed, dried



16. Soybeans
17. Spinach
18. Sweet potato

19. Tahini
20. White beans
21. Whole grain bread, fortified



THE GERIATRIC DIETITIAN

## What is calcium and why is it important?

- Calcium is a mineral that the body uses to support bone health, and help blood, nerve, and hormone functions
- According to the USDA 2020-2025 Dietary Guidelines for Americans, about 30 percent of men and 60 percent of women do not meet calcium nutrition recommendations
- As we age, our bodies lose and also need more calcium to prevent weak bone conditions, like osteoporosis, rickets, and osteomalacia

## Foods that affect how our bodies take in calcium

- Foods high in oxalic acid and phytic acid can decrease our body's ability to absorb calcium (e.g., spinach, collard greens, sweet potatoes, beans)
- Foods high in vitamin D can help our body absorb calcium and it's often added to cereals and plant-based milks along with calcium

## How much calcium do I need in a day?

Adults 19-50 years	1,000 mg
Adult men 51-70 years	1,000 mg
Adult women 51-70 years	1,200 mg
Adults 71 years and older	1,200 mg