

crazy *sexy* cheat sheet to plant-based calcium

	2% Cow's Milk (8oz.)	<i>vs.</i>		Green Smoothie	<p>1 cup fortified almond milk 2 tbsp hemp seeds 1/2 cup kale 1/2 cucumber 1/2 cup blueberries 1/2 banana</p>
CALCIUM = 293 MG			CALCIUM = 517 MG		

Your Daily Calcium Needs

				
210-270 MG PER DAY	700-1,000 MG PER DAY	1,300 MG PER DAY	1,000 MG PER DAY	1,300 MG PER DAY
Kids Birth-12 months	Kids Ages 1-8	Adolescents Ages 9-18	Adults Ages 19-50 & Men 51-70	Adults Women 51-70 & Ages 70+

The Best Calcium Sources

	Non-Dairy Milk (fortified nut, hemp + flax)		=	
		{1 cup}		200-300 mg
	Kale (raw)		=	
		{2 cups}		201 mg
	Chia Seeds		=	
		{2 tbsp.}		179 mg
	Collards (raw)		=	
		{2 cups}		167 mg
	Tahini (raw)		=	
		{2 tbsp.}		126 mg

Sources: Calcium needs from the Institute of Medicine of the National Academies. Calcium amounts from the USDA nutrient database.