

Veg*n Calcium Sources

(Where does the cow get **it's** calcium?!)

White/Wholemeal bread, Taco Shells, Oats

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

Sesame Seeds, Flax Seed, Carob

Beet Greens, Collards, Dandelion Greens, Mustard Greens, Spinach

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

Spirulina, Chives, Seaweed (Agar, Irishmoss, Kelp, Laver, Wakame), Cauliflower, Okra, Cassava

Figs, Papaya, Rhubarb, Molasses

Azuki beans

Amaranth

Baked beans

Refried beans

Black beans

Black turtle beans

Burdock root

Butter beans

Butterbur (Fuki)

Chinese Cabbage (Pak Choi)

Cardoon

Chickpeas

Hummus

Chickory

Blackeyed peas

Cranberry beans

French beans

Great northern beans

Kale

Kidney beans

Lambsquarters

Lima beans

Lupins

Mung beans

Mungo beans

Navy beans

Pigeon peas

Pink beans

Pinto beans

Natto

Tempeh

Acorn squash

Butternut squash

White beans

Winged beans

Yellow beans