

How to get your **CALCIUM** from a plant-based diet



Earthsave
Canada

Calcium & Magnesium (milligrams)

Food Source (Cups)	Ca	Mg
Tofu, calcium-set (1/2 C)	355	44
Soy milk, fortified (1 C)	300	40
Collard greens, cooked (1 C)	268	40
Tempeh (1 C)	185	135
Kale, cooked (1 C)	177	30
Soybeans, cooked (1 C)	175	148
Chia seeds (2 Tbsp)	126	78
Black beans, canned (1 C)	119	91
Whole wheat bread (2 slices)	116	54
Almond butter (2 Tbsp)	108	87
Edamame (1 C)	98	99
Figs, dried (6 pieces)	82	34
Chickpeas, cooked (1 C)	80	79
Orange, medium	52	13
Cows Milk 2% (1 C)	293	27

All values from NCCDB, as reported by cronometer.com



Soy milk is higher in calcium and magnesium and lower in fat and sugar than 2% cow's milk.

RECOMMENDED DIETARY ALLOWANCE

AGE	CALCIUM	VITAMIN D
1-18	700-1300mg	600 IU (15mcg)
19-69	1000-1200mg	600 IU (15mcg)
70+	1200mg	800 IU (20mcg)

PROTECT YOUR BONES

Calcium thieves

Excessive sodium intake increases urinary calcium loss. Avoid highly processed foods that contain a lot of sodium.

Other calcium thieves include alcohol, caffeine and smoking.

Get your vitamin D

Vitamin D is needed for optimal calcium absorption. Walking outside in the midday sun can allow the body to form enough vitamin D for the day.

During the winter months, or days without sun exposure, take a vitamin D supplement (1000 IU) to ensure adequate intake.

Exercise for bone strength

Exercise is important for many reasons, including bone strength.

Weight-bearing exercises help strengthen bones.



NON-DAIRY OPTIONS

Alternatives are growing in popularity with delicious milks (soy, almond, oat, coconut), cheeses (soy, cashew, almond), yoghurt (soy, almond) and more. Look for fortified options to get vitamins D and B12 and watch for milk ingredients (whey, casein).

HEALTHY SOURCES

Get calcium from greens and beans

The healthiest sources of calcium are green leafy vegetables and fibre-rich legumes. Broccoli, brussels sprouts, collards, and kale are loaded with highly-absorbable calcium and other healthful nutrients. Beans are excellent and affordable sources of calcium.

More plant-powered sources

Black beans and almond butter are rich in calcium and contain magnesium to help build bones.

An apple a day

Apples are low in calcium but high in boron, an important element for bone health.

DAIRY: THE NEW RED MEAT?

For years we have understood that eating less red meat reduces disease and helps the environment. Growing research now shows that avoiding dairy is almost as important.

PLANT-BASED SOURCES OF CALCIUM

- > Almond butter
- > Beans
- > Figs
- > Fortified foods
- > Greens
- > Tofu



MILK IS FOR BABIES



Small, family-run farms are the exception. In reality, the majority of dairy cows, as with 97% of farmed animals in North America, are raised in grossly overcrowded conditions on huge factory farms.

Like humans, cows carry a calf for 9 months. Kept almost constantly pregnant, mothers are separated from calf immediately after birth, and experience even worse conditions than beef cattle.



After a few short years, when production slows, dairy cows are slaughtered.



A MENU FOR EVERYONE

Dairy is one of the most common food allergens. In addition, 66% of the world's population is lactose intolerant. Ingesting dairy products causes discomfort for many people. By serving dairy-free options we ensure that everyone feels welcome at our table.

GOT THE FACTS ON MILK?

The dairy industry routinely pushes dairy products as the primary source of calcium. However, the facts just don't add up. Dairy intake does not correlate with bone strength as studies show that many countries with low dairy intake also have lower levels of osteoporosis, and vice versa.

Not only do many dark leafy greens contain significant amounts of calcium, the calcium is up to twice as bioavailable as in cow's milk. These lean greens also contain zero fat, and have a more positive effect on obesity rates.

The trouble is that the average vegetable doesn't have a politically-influential industry and lobby group to back it up. Luckily, many people are starting to wise-up: kale is in, and big business telling us what to eat, is out.

Earthsave Canada

A registered charity since 1992, our mission is to change the world by promoting the widespread adoption of plant-based diets. We use evidence-based education to increase awareness of the ways in which choosing a plant-based diet will lead to a healthier, kinder, and more sustainable world.

For additional information visit
earthsave.ca



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