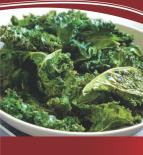
How to get your CALCIUM

from a plant-based diet





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

| 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 vour 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 hones

NON-DAIRY OPTIONS

Alternatives are growing in popularity with delicious milks (sov. 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 healthlest 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
 - > Fias
 - > 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.



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 osteoprosis, 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

