



CALCIUM FACT SHEET FOR VEGANS

What is the Recommended Daily Intake of Calcium over our life span?

RDI Kids (laying down bone mineral phase):

0-6 Months	210mg
7-12 Months	270mg
1-3	500mg
4-8	700mg
9-11	1,000mg
12-18	1300mg

RDI Adults (Finishing the laying down of bone density and then slowing down down loss phase):

Women	1,000mg
Women 51+	1,300mg
Men 19-70	1,000mg
Men 71+	1,300mg

What happens to our skeleton as we age?

About 40% of bone mineral density is built in our teenage years and then peak mass is reached by late twenties. Hence, the requirement for calcium in our teenage years is actually higher than the requirement in our 3rd and 4th decades. As we approach our mid thirties bone loss begins which is when diet is super important to ensure that bone loss occurs at a safe rate and doesn't place you at risk of osteoporosis. In particular, post menopausal women are more prone to rapid bone loss due to changes in oestrogen levels. We can slow down bone loss and maintain bone density by consuming a balanced diet that includes plenty of calcium rich foods, reducing alcohol intake and avoiding smoking. In addition adequate Vitamin D consumption is super important for maximising calcium absorption.

Are vegans more at risk of osteoporosis/bone density issues?

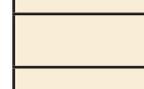
The simple answer is no, as long as your balanced is diet and you take the information from

this sheet and put it into action you will be fine. The populations who are at most risk of bone density issues are post menopausal women who do not get enough sunlight (Vitamin D discussed below).

Top tips for preventing bone loss and maximising your bone density:

1. Eat calcium rich foods that are not high in oxalates. Oxalates bind to calcium and reduce absorption (i.e Spinach, almonds, cashews, peanuts and Swiss chard). These foods are fine however they are not great in terms of calcium absorption so if you have low calcium or bone density issues it is recommended to limit your consumption of these and favour other calcium rich foods.
2. Soak your nuts for 8-12 hours to improve calcium absorption by nearly 20%
3. Get 15 - 20 min of sun exposure (hands and face exposed) per week OR take a vitamin D supplement
4. Avoid smoking and excessive alcohol consumption
5. Engage in moderate exercise regularly
6. Make sure your calcium rich vegetables are fresh. Once they have been in the fridge for more than 2-3 days the calcium content decreases dramatically.
7. Soak your nuts for 8-12 hours to improve calcium absorption by nearly 20%
8. If you do not think you are getting enough calcium per day consider a calcium supplement which can be a calcium dedicated supplement or a multivitamin. Most multivitamins contain 200-400mg of Calcium. If you are going to supplement and you are not getting the recommended 20 minutes of sun exposure a day you may find a [Calcium/Vitamin D combination supplement](#) a convenient way of staying on top of these two super important nutrients.

COMMON SOURCES OF PLANT BASED CALCIUM THAT OFFER GOOD ABSORPTION:

	Fortified Plant Milk (1 cup)	300-500mg
	Extra Firm Tofu (1/2 cup)	400-450mg
	Fortified Orange juice (1 cup)	300-500mg
	Collards (1 cup)	270mg
	Fortified Breakfast Cereals (1 serve)	200-1000mg
	Turnips 1 cup	200mg
	Chia Seeds (2 tbsp)	177mg
	Mustard Greens (1 cup)	160mg
	Kidney Beans (1/2 cup)	132mg
	Tahini (2tbsp)	120mg
	Kale (1 cup cooked)	94mg
	Oats (1 cup cooked)	84mg
	Black Strap Molasses (1 tbsp)	80mg
	Quinoa (1 cup cooked)	80mg
	Bok Choy (1 cup cooked)	74mg
	Broccoli (1 cup cooked)	62mg
	Edamame Beans (1/2 cup cooked)	50mg
	Blackberries (1 cup)	42mg
	Raspberries (1 Cup)	31mg
	Hemp seeds (3 tbsp)	20mg

Using the above here is an example of reaching approx. 1,000mg in a day:

1 cup of Calcium fortified Plant Milk or fortified Orange Juice	300mg
1/2 cup cooked oats	42mg
1 cup of collards (boiled)	270mg
Kidney Beans (1/2 cup)	132mg
1/2 cup Calcium fortified Tofu	260mg