

20 plant-based sources of calcium

VELVET & VINEGAR

1

KALE
212MG / 100G

2

ARUGULA
160MG / 100G

3

BROCCOLI
85MG / 100G

4

STINGING NETTLE
713MG / 100G

5

FLAXSEEDS
198MG / 100G

6

SESAME SEEDS
738MG / 100G

7

ALMONDS
252MG / 100G

8

HAZELNUTS
225MG / 100G

9

CHIA SEEDS
631MG / 100G

10

SOY BEANS
201MG / 100G

11

MINERAL WATER
500MG / 1L

12

ENRICHED
PLANT MILK

13

ENRICHED
TOFU
250MG / 100G

14

TAHINI
120MG / TBSP

15

PISTACHIOS
136MG / 100G

16

BRAZIL NUTS
132MG / 100G

17

DRIED ALGAE
1030MG / 100G

18

DRIED FIGS
190MG / 100G

19

WHITE BEANS
113MG / 100G

20

CHICKPEAS
120MG / 100G