

## Plant Foods Rich In Calcium, Magnesium & Potassium

	Measure	Weight (g)	Calories	Calcium (mg)	RDA 1000	Magnesium (mg)	Fem RDA 320	Male RDA 420	Potassium (mg)	RDA 4700
almond milk	1 cup	240	60	450	45.00%	16.0	5.00%	3.81%	0.0	0.00%
soy milk, unsweetened	1 cup	243	80	301	30.10%	38.9	12.16%	9.26%	292	6.21%
tofu, firm	0.5 cup	126	183	253	25.30%	46.6	14.56%	11.10%	186	3.96%
sesame seeds	1 Tbsp	14	80	137	13.65%	49.2	15.36%	11.70%	65.5	1.39%
dandelion greens	1 cup	55	25	103	10.30%	19.8	6.19%	4.71%	218	4.64%
kale	1 cup	67	34	90.5	9.05%	22.8	7.13%	5.43%	299	6.36%
chia seeds	1 Tbsp	14	69	88.5	8.85%	0.0	0.00%	0.00%	22.4	0.48%
tahini	1 Tbsp	15	89	63.9	6.39%	14.2	4.44%	3.38%	62.1	1.32%
collard greens	1 cup	36	11	52.2	5.22%	3.2	1.00%	0.76%	60.8	1.29%
almonds	1 Tbsp	14	81	37.3	3.73%	37.9	11.83%	9.01%	99.5	2.12%
amaranth, cooked	0.5 cup	123	126	58.0	5.80%	80.0	25.00%	19.05%	166	3.53%
pumpkin seeds	1 Tbsp	14	76	6.0	0.60%	75.0	23.44%	17.86%	113	2.40%
aduki beans, cooked	0.5 cup	115	147	32.2	3.22%	60.0	18.75%	14.29%	612	13.02%
black beans, cooked	0.5 cup	86	113	23.2	2.32%	60.0	18.75%	14.29%	306	6.50%
quinoa, cooked	0.5 cup	93	111	15.8	1.58%	59.0	18.44%	14.05%	159	3.38%
sunflower seed butter	1 Tbsp	16	93	19.5	1.95%	59.0	18.44%	14.05%	11.5	0.24%
rolled oats, dry	0.5 cup	41	154	21.1	2.11%	56.0	17.50%	13.33%	147	3.12%
almond butter	1 Tbsp	16	101	43.2	4.32%	48.5	15.16%	11.55%	121	2.57%
molasses	1 Tbsp	20	58	41.0	4.10%	48.4	15.13%	11.52%	293	6.23%
edamame beans	0.5 cup	59	65	35.4	3.54%	36.0	11.25%	8.57%	285	6.05%
cocoa powder	1 Tbsp	5	12	6.7	0.67%	26.2	8.19%	6.24%	80.0	1.70%
dark chocolate	1 Tbsp	14	76	7.9	0.79%	20.5	6.39%	4.87%	78.5	1.67%
avocado	1 cup	150	240	18.0	1.80%	43.5	13.59%	10.36%	727	15.47%
acorn squash	1 cup	245	83	63.7	6.37%	63.7	19.91%	15.17%	644	13.70%
potatoes	1 cup	156	136	7.8	0.78%	34.4	10.75%	8.19%	592	12.60%
banana	1 cup	150	134	7.5	0.75%	40.5	12.66%	9.64%	537	11.43%
white beans, cooked	0.5 cup	90	125	80.5	8.05%	56.5	17.66%	13.45%	502	10.68%
lentils, cooked	0.5 cup	99	115	18.8	1.88%	35.7	11.14%	8.49%	366	7.78%
split peas, cooked	0.5 cup	98	116	13.7	1.37%	35.3	11.03%	8.40%	355	7.55%
kidney beans, cooked	0.5 cup	89	113	31.0	3.10%	37.2	11.61%	8.85%	359	7.63%
dried apricots	2 Tbsp	28	68	15.4	1.54%	9.0	2.81%	2.14%	325	6.91%
white mushrooms	1 cup	96	21	2.9	0.29%	8.6	2.69%	2.05%	305	6.49%