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## Post: Vegan foods highest in calcium



Created by [Brittany Bunk](#) on 16-Apr-2022

Reference

[Health & Nutrition](#)



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### Content

It's really hard to find vegan foods high in calcium without being fortified, which doesn't count, as that doesn't absorb well and thus leads to health conditions. Luckily, the foods highest in calcium just happen to be vegan!

overall winner: **barley grass powder**

- maybe basil if powderized

green powders:

- wheatgrass
- spirulina
- alfalfa
  - which has given horses hypercalcemia
- barley grass
  - gives 16,647.12mg/lb of calcium
    - over 16 times the daily value
    - [11x more than cow's milk](#)
  - <https://fdc.nal.usda.gov/fdc-app.html#/food-details/2174583/nutrients>

On top of that, you have to have a lot of toppings to add calcium to food. That's good, because at least it can be in every meal:

- mustard
- herbs - basil, thyme, dill, oregano, cilantro, parsley
- topping - cinnamon, black pepper
- chai spice - fennel, coriander, anise, etc.

However, there're some foods that are the main meal - or an ingredient:

- chia, flax
- sesame, poppy
- almond
- leaves - grape, collard
- beans - soy, cannellini
- carob

here's the entire, top 100 list (v27 USDA nutrition database. The list won't have 100 items, as most are duplicates):

- BASIL
- SAVORY
- MARJORAM
- THYME
- DILL



- OREGANO
- DILL SEED
- SPEARMINT
- POPPY
- CHERVIL
- ROSEMARY
- CILANTRO
- FENNEL SEED
- PARSLEY
- TARRAGON
- CINNAMON
- SESAME
  
- CUMIN
- BAY LEAF
- CHIVE
- AGAVE
- CORIANDER
- CARAWAY
- ALLSPICE
- ANISE
- CLOVE
- CHIA
- DAIKON
- SEAWEED
- CELERY
- CURRY POWDER
- COTTONSEED
- NETTLE
- PEPPERCORN - BLACK
- HAZELNUT - BEAKED
- WINGED BEAN
- FIREWEED
- ONION
- CARDAMOM
- LAMBSQUARTER
- GRAPE LEAF
- LEEK
- CAROB
- ALMOND
- CHILI
- ROSEMARY
- GUM - LOCUST BEAN, GUAR
- GOURD
- EPAZOTE
- MUSTARD
- PEPPERCORN - WHITE
- FLAX
- MACE
- PEPPERMINT
- SOY
- cannellini bean
- COLLARD
- PAPRIKA
- WINGED BEAN LEAF

## Comments

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