

1-Day Calcium-Rich Meal Plan



Calcium is an essential mineral that plays important roles for bone health, neuromuscular movement and activity, immune health, and more. Examples of some health conditions calcium is excellent for is cancer, osteoporosis and other bone disorders, cardiovascular disease, weight management, preeclampsia, and metabolic syndrome. Beyond disease, calcium is critical for a quality life from a mind and body nutritional perspective. Below is a 1-day meal plan that can serve as a template for those seeking to increase calcium in their diet through whole food sources.

Meal's total calcium: 1299.14mg

All food options are best obtained locally and/or organically grown

Breakfast	Lunch	Dinner
<p>Calcium-rich Plant-based smoothie</p> <ul style="list-style-type: none"> • 1.5 cup flax milk (405mg Ca) • 1 tbsp chia seeds (90mg Ca) • 2 dried figs (25mg Ca) • 1 cup spinach (250mg Ca) 	<p>Calcium-rich Asian styled salad</p> <ul style="list-style-type: none"> • 1/2 cup chopped kale (89.5mg Ca) • 1/2 cup bok choy (79mg Ca) • 2 hard-boiled eggs (50mg Ca) • 1 tbsp sesame seeds (90mg) • 1 tbsp sesame oil • 1/4 tsp red chili flakes • 2 tsp grated ginger (0.64mg Ca) 	<p>Calcium-rich dinner</p> <ul style="list-style-type: none"> • 3oz salmon (180mg Ca) • 1 cup steamed broccoli (100mg Ca) • 1/2 cup quinoa (40mg Ca)
<p>Calcium total: 770mg</p>	<p>Calcium total: 309.14mg</p>	<p>Calcium total: 220mg</p>



References

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