

Best Websites in English with Information on Calcium in the Vegan Diet for Latin Americans

By Odette Olivares, VRG intern

If you are new to veganism, you might have questions about how to be sure that your diet does not lack any nutrient. And, if you are one of those folks who has been vegan for a long time, perhaps you have noticed how knowledge about the vegan diet has been evolving and gaining ground.

When looking for information about veganism on the internet, there is always the question of whether it is reliable or not. And after reading many different versions, it is normal to feel overwhelmed, trying to decipher which is the accurate information we need. If we add to this, living in a different country from ours with a different culture and gastronomy, the change to veganism can become a much greater challenge.

For these reasons, in this article you will find a selection of what I think are the best websites that provide information about calcium in the vegan diet. These 24 sites were selected from a total of 66 websites, including YouTube channels. This selection is aimed at the Latin American population born in the United States, who feel more comfortable using English, but who want to preserve their gastronomic traditions. Some of these sites also present their information in Spanish, but if you are looking for websites mainly written in Spanish (or Portuguese), you may prefer to look at the article about Best Latin American Websites with Information on Calcium in the Vegan Diet at vrg.org. Of course, the sites can also be useful for other people who wish to venture into delicious Latin American gastronomy.

The websites you will find in this article were evaluated according to the rubric mentioned in the “Best Latin American Websites with Information on Calcium in the Vegan Diet” article. If these English-language sites contained Latin American foods high in calcium or included Latin American recipes, their scores improved. Also, non-vegan websites were included, since their approach encompassed good vegan calcium sources and accurate scientific information.

Surfing the internet, it was easier to find sites written in English with good quality information, than Spanish or Portuguese-language Latin American sites, which might tell us about how veganism has been expanding from the United States to Latin American countries. Also, it shows the great area of opportunity to continue spreading veganism with truthful information.

I found sites written by nutritionists, doctors, health or yoga coaches, or wise fans of veganism. I was surprised to see very engaging and science-based sites made simply by people passionate about veganism.

There are very good and creative sites that propose sources of foods very high in calcium, or that go through the development of bone health scientific studies, such as the Vegan Health website, Oregon State University, and the University of Florida IFAS extension.

The three websites with the best score are the Vegan R.D., The Vegetarian Resource Group, and Vegan Health. All these sites were written by vegan Registered Dietitians and have the most complete information on calcium, directed towards vegans.

For those persons short on time, there are also very good sites that manage to summarize the essential information in reads of no more than 5 minutes such as the RD Resources for Consumers or Plant Based News.

Unfortunately, the worst places to learn about veganism are those from online magazines websites that are not specialized in nutrition or veganism, whose posts contain both little and misleading information. It is important to notice this, because sites like these allow misinformation about veganism to grow. On the other hand, sites with the best scores were those written by vegan nutritionists, as you can see in the next table.

Here are the best English-language websites with information on calcium in the vegan diet.

Best Websites in English with Calcium Information for Latin American Vegans

Website's name and link	Description
<p>1. Vegan R.D.</p> <p>Score: 35</p> <p>Link: https://www.theveganrd.com/vegan-nutrition-101/vegan-nutrition-primers/calcium-a-vegan-nutrition-primer/</p> <p>Language: English</p>	<p>This site was written by vegan Registered Dietitian, Ginny Messina, who has published papers in peer-reviewed scientific journals and has extensive experience working as a dietitian. Here, you can find books on veganism written by her, as well as speaking events in the United States. This site has the best score and was one of the websites used to build the rubric. Some of the Latin American recipes high in calcium that you can find on this site are Mexican Style Beans and Cuban Beans.</p>
<p>2. The Vegetarian Resource Group</p> <p>Score: 31</p> <p>Link: https://www.vrg.org/nutrition/calcium.php</p> <p>Language: English and Spanish</p>	<p>Article about calcium is written by the vegan Registered Dietitian, Reed Mangels, who has published several scientific articles about vegan and vegetarian diets, including the topic of bone health. Calcium information is presented in one comprehensive article and is also found in Spanish. In this article you can find two menus high in calcium and tips on how to choose the best tofu for your bone health. Additionally, you can find tons of Latin American recipes high in calcium, such as Fruit Milk Shake, Chickpea Casserole, Green Chilies Stuffed with <i>Frijoles</i>, <i>Easy Capirotada</i>, <i>Señora Tortilla</i> (Miss Tortilla), <i>El Rico</i> (a hearty soup), Yucca and Avocado Stew, Grilled Chiles <i>Rellenos</i> (Filled Chilies), Nopal and Tofu Tacos, <i>Chilaquiles</i>, <i>Enchiladas</i>, <i>Arroz con Leche</i> (Rice with Milk), and many more!</p>
<p>3. Vegan Health</p> <p>Score: 30</p> <p>Link: https://veganhealth.org/calcium-part-1/</p> <p>Language: English</p>	<p>Jack Norris, a vegan Registered Dietitian, wrote the calcium-related articles on this website. You can find a wide selection of scientific articles on calcium in vegans. The site also contains a very detailed table of calcium sources, their absorption percentages, and the total calcium that is actually absorbed. This can help you to better visualize how to plan your diet, selecting the best sources.</p> <p>This site was also selected as a reference to review the other sites.</p>
<p>4. RD Resources for Consumers</p> <p>Score: 28</p> <p>Link: https://vegetariannutrition.net/docs/Calcium-Vegetarian-Nutrition.pdf</p> <p>Language: English</p>	<p>Website from the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics directed to the vegetarian public. The information in this pdf document is concise and clear, and it will take you no more than 5 minutes to read. Also, it has a menu that provides 1000 mg of calcium per day and contains more than 20 sources of calcium with their respective calcium content.</p> <p>The site includes recipes to make a Spicy Mexican Salad (with tomato, avocado, corn kernels, celery, sprouted lentils, black beans, pepper, and onion) and Broccoli Salad.</p>

<p>5. U.S.D.A Choose My Plate</p> <p>Score: 28</p> <p>Link: https://www.choosemyplate.gov/node/5635 https://www.nal.usda.gov/fnic/vegetarian-nutrition</p> <p>Language: English</p>	<p>This site has reliable and comprehensive information on the vegetarian diet. In addition, it contains many other links to sites such as the one explained above, the Vegetarian Resource Group, and the Vegan Society (among others), which complement its information.</p>
<p>6. Harvard T.H. Chan School of Public Health</p> <p>Score: 28.5</p> <p>Link: https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/calcium-and-milk/ https://www.hsph.harvard.edu/nutritionsource/calcium/</p> <p>Language: English</p>	<p>This webpage belongs to the Harvard T.H. Chan School of Public Health (the first graduate public health training program in the U.S., founded in 1943). Although it is not specific to vegans, it contains comprehensive information on calcium and explains very well all the points necessary for good bone health, including plant sources.</p> <p>On this site you can find a recipe for delicious Refried Beans.</p>
<p>7. ProVeg International</p> <p>Score: 27.5</p> <p>Link: https://proveg.com/plant-based-food-and-lifestyle/vegan-nutrients/sources-of-calcium-in-a-vegan-diet/</p> <p>Language: English and Spanish</p>	<p>ProVeg International is a food awareness organization that works in 4 continents. Its aim is to reduce the consumption of animals by 50% by the year 2040, by providing information about plant-based diets.</p> <p>What is special about this site is that it is also directed towards corporations and companies to engage them in plant-based food businesses. Calcium information contains general advice about calcium supplementation in vegans.</p> <p>In this website you can find a recipe to cook Vegan Chili without Meat.</p>
<p>8. Vegan Liftz</p> <p>Score: 26.5</p> <p>Link: https://veganliftz.com/vegan-sources-of-calcium/</p> <p>Language: English</p>	<p>Website whose aim is to promote the vegan diet and prove it is possible to build a fit vegan body!</p> <p>The author's writing style is very enjoyable, making calcium information easy to read. Plus, it includes a video from the YouTube channel, Lilykoi Hawaii.</p>

<p>9. Veganook</p> <p>Score: 26.5</p> <p>Link: https://www.veganook.com/blog/vegan-sources-of-calcium/</p> <p>Language: English</p>	<p>Do not miss the video at the link on the left to have a complete overview of calcium for vegans!</p> <p>In her site you can also find tasty Latin American recipes such as Lentil and Quinoa Chili, Sweet Potato and Lentil Soup, and Vegan Tortilla Soup.</p>
<p>10. Pick Up Limes</p> <p>Score: 26.5</p> <p>Link: https://www.pickuplimes.com/single-post/2016/12/23/Calcium-on-a-Plant-Based-Diet-Everything-You-Need-to-Know</p> <p>Language: English</p>	<p>This is one of my favorite sites! It is directed by Sadia Badiei, a Registered Dietitian from Canada, who publishes super tasty vegan recipes every week in her YouTube channel and blog. Her calcium section also contains information about controversial ingredients in plant milks, and advice if you are considering preparing your own calcium-fortified plant milk! Before you do it, check her recommendations!</p>
<p>11. The Full Helping</p> <p>Score: 26</p> <p>Link: https://www.thefullhelping.com/15-calcium-rich-vegan-food-combinations/</p> <p>Language: English</p>	<p>What I like about this site is that calcium information is written by a person who learned from her own experience the importance of this nutrient. Gena, a Registered Dietitian, suffered in the past from an eating disorder which led her to develop osteopenia (a low bone density). Luckily, later she recovered after learning how to take proper care of her bone and overall health.</p> <p>Reading about calcium information from her own story will certainly move us to assure that we are getting all the calcium we need from our diets. On top of that, she also offers tasty ways of combining good calcium sources!</p> <p>From her Latin American vegan recipes high in calcium we find Tangy Chili Lime Tempeh Tacos, Easy Vegan Black Bean Sweet Potato Tacos, Vegan Chick'n <i>Enchiladas</i> Breakfast Casserole, Tofu Scramble Black Bean Vegan Breakfast <i>Enchiladas</i>, and Crispy Cauliflower <i>Chimichurri</i> Tacos!</p>
<p>12. Plant Based News</p> <p>Score: 26</p> <p>Link: https://www.plantbasednews.org/lifestyle/vegans-meat-eaters-calcium-ultimate-guide</p> <p>Language: English</p>	<p>Calcium information in this site is brief but accurate, with a reading time of 5 minutes.</p> <p>Additionally, you can also find plenty of Latin American recipes such as Breakfast Hash Tacos, Easy Quiche, <i>Harissa Aubergine</i> (Eggplant) & Tofu Scramble Breakfast Burrito, Black Bean Breakfast Hash, Mexican Scramble Tacos, and <i>Chipotle Chorizo</i> Tacos.</p>
<p>13. The Vegan Society</p> <p>Score: 26</p> <p>Link: https://www.vegansociety.com/resources/nutrition-and-health/bone-health</p>	<p>Check all the links on the left to make sure you know everything that is important about calcium in the vegan diet. Calcium information is presented in short articles, a pdf file, and a video. I like that this site stresses the importance of vitamin K, protein and exercise for bone health.</p> <p>Here you can also try Mexican <i>Chilaquiles</i> with Guacamole, Tofu Scramble, <i>Fajita Tostada</i> with Chili-Lime Mango Salad, Refried Bean Wrap, and Warming Bean Chili.</p>

<p>https://www.vegansociety.com/resources/nutrition-and-health/nutrients/calcium</p> <p>https://www.youtube.com/watch?v=vaFJ8U8l6wo</p> <p>https://www.vegansociety.com/sites/default/files/uploads/downloads/Calcium%20PDF.pdf</p> <p>Language: English</p>	
<p>14. Vegan Outreach</p> <p>Score: 24.5</p> <p>Link:</p> <p>https://veganoutreach.org/wp-content/uploads/CAG.pdf</p> <p>https://veganoutreach.org/plant-based-nutrition/</p> <p>https://veganoutreach.org/video-interview-vo-executive-director-jack-norris-rd/</p> <p>https://veganoutreach.org/calcio/</p> <p>Language: English and Spanish</p>	<p>Their calcium information is split in different links, and you can also find a Spanish section.</p> <p>The recipes high in calcium that you find in this site are <i>Vegan Chorizo with Cactus</i>, <i>Scrambled Tofu</i>, and <i>Chilaquiles</i>.</p>
<p>15. Botanic Nutrition</p> <p>Score: 24</p> <p>Link:</p> <p>https://www.botanicnutrition.net.au/calcium-bone-health-and-vegan-diets/</p> <p>Language: English</p>	<p>Botanic Nutrition is a website written by an experienced dietitian from Australia. What I especially like about its calcium information is the conclusion that encompasses all the other factors, that impact bone health.</p>
<p>16. Oregon State University</p> <p>Score: 23.5</p> <p>Link:</p> <p>https://lpi.oregonstate.edu/mic/minerals/calcium</p> <p>https://lpi.oregonstate.edu/es/mic/minerales/calcio</p> <p>Language: English and Spanish</p>	<p>The Oregon State University through the Linus Pauling Institute's Micronutrient Information Center (MIC) offers science-based information about nutrients and their function. In this website you can find super comprehensive scientific information about calcium, for those eager to dig much deeper.</p>

<p>17. Vegan.com</p> <p>Score: 23</p> <p>Link: https://www.vegan.com/calcium/</p> <p>Language: English</p>	<p>Calcium information in this site is explained thoroughly and clearly, and it concludes with easy takeaways.</p>
<p>18. Physicians Committee for Responsible Medicine</p> <p>Score: 23</p> <p>Link: https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-about-dairy/calcium-and-strong-bones https://www.pcrm.org/health-topics/healthy-bones</p> <p>Language: English. Site has also information in Spanish, but calcium information is only in English</p>	<p>This site also includes a section for men's bone health. While many articles are focused on women because it is more likely that they will develop osteoporosis, this site explains the common triggers of osteoporosis in men.</p> <p>The recommended recipes from this site are <i>Huevos Rancheros</i> (vegan), Costa Rican Rice and Beans (<i>Gallo Pinto</i>), Chickpea Tacos, and Easy Vegetable <i>Fajitas</i>.</p>
<p>19. Lilykoi Hawaii</p> <p>Score: 23</p> <p>Link: https://www.youtube.com/watch?v=xbov_KJHKPY https://www.youtube.com/watch?v=H8bUXjxI3kE</p> <p>Language: English</p>	<p>This vegan YouTuber energetically explains calcium information while she shows you what she eats in a day, to satisfy her calcium needs. Her high-calcium menu is pretty Latin American! Lots of black beans and tortillas! In addition, she shows you her best bone building exercises.</p> <p>On her YouTube channel you can find the recipes for Tortillas and Vegan Nachos! Yummy!</p>
<p>20. Today's Dietitian</p> <p>Score: 22.5</p> <p>Link: https://www.todaysdietitian.com/pdf/courses/PBDNutritentsofConce rn.pdf</p> <p>Language: English</p>	<p>On this webpage, aimed at dietitians and other health workers, you can find the magazine issue where they explain nutrients from the plant-based diet perspective.</p> <p>Calcium information in this site is brief but essential, and it is presented together with other key nutrients in the vegan diet. The Latin American recipe high in calcium from this site is Chickpea and Carrots Salad.</p>

<p>21. University of Florida IFAS extension</p> <p>Score: 22</p> <p>Link:</p> <p>https://edis.ifas.ufl.edu/fs378 https://edis.ifas.ufl.edu/fy216 https://edis.ifas.ufl.edu/pdf/files/FY/FY21600.pdf</p> <p>Language: English and Spanish</p>	<p>This website offers science-based information published in peer-reviewed publications from the University of Florida. Its information about calcium is accurate and complete. Even if it is not tailored for vegans, they can benefit from visiting these links.</p> <p>I like that this website's calcium information includes risk factors for developing osteoporosis. This way consumers can be more aware of their bone health, in case they have some risk factors.</p>
<p>22. Nutrition Over Easy</p> <p>Score: 22</p> <p>Link:</p> <p>https://nutritionovereasy.com/2017/06/are-the-calcium-rdas-a-dairy-industry-conspiracy/</p> <p>https://www.quickanddirtytips.com/health-fitness/trends-fads/how-much-calcium-do-you-really-absorb-foods?utm_source=NOE</p> <p>https://www.quickanddirtytips.com/health-fitness/prevention/does-a-high-protein-diet-weaken-your-bones</p> <p>https://www.quickanddirtytips.com/health-fitness/healthy-eating/what-are-the-best-sources-of-calcium</p> <p>Language: English</p>	<p>Monica Reinagel is a Licensed Nutritionist who directs the Nutrition Over Easy webpage, where she helps consumers to identify nutrition facts from fiction.</p> <p>What I like about her writing style is that she explains evidence-based nutrition information with an engaging narrative and divides information per themes or develops questions from her audience.</p> <p>One of her articles about calcium includes a short explanation about the development of the RDA in the U.S. and compares it to the development of other countries' recommendations.</p>
<p>23. Bernadette Field-Dodgson</p> <p>Score: 22</p> <p>Link:</p> <p>http://bernfd.com/how-to-get-enough-calcium-on-a-dairy-free-diet/</p> <p>Language: English</p>	<p>Calcium information in this site is brief but accurate.</p>

<p>24. National Osteoporosis Foundation (NOF)</p> <p>Score: 21</p> <p>Link: https://www.nof.org/patients/treatment/calciumvitamin-d/</p> <p>Language: English and Spanish</p>	<p>The National Osteoporosis Foundation is the nation's only health organization uniquely dedicated to osteoporosis and bone health. Even if its website is not directed towards vegans, its calcium information has everything vegans need to know!</p>
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In the second table you can find sites that stand out because of their Latin American recipes high in calcium. Since recipes are not categorized by calcium content, you can find them by their names in each website.

Other Websites with Latin American Vegan Recipes High in Calcium

Website's name	Name of the recipes high or moderate in calcium
<p>1. Whole Food Plant Based Diet</p> <p>Link: https://www.wholefoodplantbaseddiet.com</p> <p>Language: English</p>	<p>Hot & Spicy Vegan Chili with Lentil Meat, Chili, and Black Bean Salsa.</p>
<p>2. Healthline</p> <p>Link: https://www.healthline.com</p> <p>Language: English</p>	<p>Salsa and Homemade Tortilla Chips.</p>
<p>3. Forks Over Knives</p> <p>Link: https://www.forksoverknives.com</p> <p>Language: English</p>	<p>Baked Tortilla Chips, 4-Layer <i>Enchilada</i> Cakes, Orange Black Bean <i>Taquitos</i>, Jack Fruit <i>Tamales</i>, Mexican Black Bean Corn Soup, and Bean and Corn <i>Enchiladas</i>.</p>
<p>4. OopsVegan</p> <p>Link: https://oopsvegan.com</p> <p>Language: English and Spanish</p>	<p>Vegan Taco Filling, Vegan Black Bean <i>Enchiladas</i>, Vegan Scrambled Eggs, and Crispy Tofu Vegan Tacos.</p>

<p>5. Dr. McDougall Health and Medical Center</p> <p>Link: https://www.drmcDougall.com</p> <p>Language: English</p>	<p>Breakfast Bean Burrito, Breakfast Tortillas, Scrambled Tofu, Fresh Corn Tortillas, Black Bean Dip, and Broccomole.</p>
<p>6. Livekindly</p> <p>Link: https://www.livekindly.co</p> <p>Language: English</p>	<p>Spicy Black Bean Soup, and Tofu Quiche with Spinach and Broccoli.</p>
<p>7. Old Ways, Cultural Food Traditions</p> <p>Link: https://oldwayspt.org</p> <p>Language: English</p>	<p>Mayan Pumpkin Seed Dip, and Three Bean Salad.</p>
<p>8. Loveveg</p> <p>Link: https://loveveg.mx</p> <p>Language: English, Spanish and Portuguese</p>	<p><i>Tacos Norteños</i> (Northern Tacos), Chickpea Tacos, No Chicken <i>Tacos de Molida</i>, Cactus with Mole and Soy Meat Tacos, and <i>Ceviche</i> Beans.</p>
<p>9. One Green Planet</p> <p>Link: https://www.onegreenplanet.org</p> <p>Language: English</p>	<p><i>Chorizo Torta</i>, Olive Oil <i>Tamales</i>, Cuban Black Beans, <i>Palmito</i> Salsa, Black Bean Potato <i>Pupusas</i>, and <i>Chorizo</i>-Spiced Potato <i>Enchiladas</i>.</p>

<p>10. Sharan</p> <p>Link: https://sharan-india.org</p> <p>Language: English</p>	<p>Mexican Beans, Mexican Tortillas, <i>Quesadilla</i> with Mushrooms, and Grilled Mexican Vegetables</p>
<p>11. Peta Latino</p> <p>Link: https://www.petalatino.com</p> <p>Language: English and Spanish</p>	<p>Vegan Cheese Colombian <i>Empanadas</i>, and <i>Calabacitas</i> (Little Zucchini).</p>
<p>12. EligeVeg</p> <p>Link: https://eligeveg.com</p> <p>Language: English, Spanish and Portuguese</p>	<p><i>Molletes</i> (bread with beans), Vegan Milk Candy, Chickpea Hamburger, Lentil Stew, and <i>Empanadas</i>.</p>
<p>13. Vegan.org</p> <p>Link: https://vegan.org</p> <p>Language: English</p>	<p>Lemon-Peppered Chickpeas, Affordable Lentil Tacos, Simple and Delicious Black Bean Soup, and Potato <i>Tostadas</i>.</p>
<p>14. Caitlin Shoemaker</p> <p>Link: https://www.youtube.com/watch?v=4iAi10Ysp0w</p> <p>Language: English</p>	<p>Baked <i>Taquitos</i>, Black Bean Tacos, Loaded Nachos, and Vegan <i>Enchiladas</i>.</p>

<p>15. Mamás Latinas</p> <p>Link: https://mamaslatinas.com/food-home/151752-vegan-versions-of-latin-dishes-you-love</p> <p>Language: English</p>	<p>Vegan <i>Picadillo</i>, Vegan Tofu <i>Chilaquiles</i>, Vegan <i>Huevos Rancheros</i>, Vegan Chickpea Tacos, Vegan Black Beans and Potato <i>Pupusas</i>, and Vegan <i>Habichuelas Guisadas</i> (Stewed Beans).</p>
<p>16. The Christian Vegetarian Association</p> <p>Link: https://christianveg.org</p> <p>Language: English and Spanish</p>	<p>Tofu and Rice Cakes, <i>Tamales</i>, <i>Arepas</i>, and Chickpea Casserole.</p>

I hope these sites and recipes will help you in your transition to veganism or give you the security to continue with this lifestyle, so you can show other people that veganism is totally healthy and delicious!

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The contents of this article, our website, and our other publications, including *Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your best judgment about whether a product is suitable for you. To be sure, do further research or confirmation on your own.

For more information, see www.vrg.org

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