

Calcium Sources

adapted from Paul Pitchford, Healing With Whole Foods, 1993

<u>per 100-mg (3.5 ounce) edible portion</u>	<u>Calcium in Milligrams</u>
Hijiki	1,400
Wakame	1,300
Kelp	1,099
Kombu	800
Brick Cheese	682
Dried Wheat Grass/Barley Grass	514
Sardines	443
Agar-Agar	400
Nori	260
Almonds	233
Amaranth	222
Hazelnuts	209
Parsley	203
Turnip Greens	191
Brazil Nuts	186
Sunflower Seeds	174
Watercress	151
Garbanzo Beans	150
Quinoa	141
Black Beans	135
Pistachios	135
Pinto Beans	135
Kale	134
Spirulina	131
Yogurt	121
Milk	119
Collard Greens	117
Sesame Seeds	110
Chinese Cabbage	106
Tofu	100
Walnuts	99
Okra	82
Salmon	79
Cottage Cheese	106

<u>per 100-mg (3.5 ounce) edible portion</u>	<u>Calcium in Milligrams</u>
Eggs	56
Brown Rice	33
Bluefish	23
Halibut	13
Chicken	11
Ground Beef	10

Calcium Inhibitors

Coffee, soft drinks, diuretics

Excess protein, especially meat

Refined sugar or too much of any concentrated sweetener or sweetened flavored foods

Alcohol, marijuana, cigarettes, and other intoxicants

Too little or too much exercise

Excess salt

Too much tomatoes, potatoes, eggplant , bell pepper