

Food Sources of Calcium

Food Sources High in Calcium

Dairy products
 Salmon, sardines, oysters, herring
 Seaweed
 Dark green leafy vegetables
 Broccoli
 Dried beans and peas
 Nuts and seeds
 Sprouts
 Brewer's yeast
 Blackstrap molasses
 Whole grains
 Herbs: Borage, lambs quarters, wild lettuce, amaranth, nettles, campion, burdock, and yellow dock leaves

RDA for Calcium

800 mg/day
 1200 mg/day Pregnant/Lactating

Optimal levels:

1000-1500 mg Therapeutic if taking low quality, poorly absorbed forms, i.e. calcium carbonate. These forms usually contain lead. Optimal dose is much less if taking physiological forms. Excessive calcium consumption will deplete other minerals, may cause kidney stones or bone spurs. Include dietary intake when determining dose.

Calcium Content of Foods

<u>Dairy</u>	<u>(Milligrams)</u>	<u>Dark Green Leafy</u>	<u>(Milligrams)</u>
(1 cup)		<u>Vegetables</u> (1 cup cooked)	
Goat milk	315	Collard	360
Skim milk	300	Shepard's Purse*	300
Buttermilk	300	Bok choy	250
Whole milk	290	Kale	210
Breast milk (average)	80	Parsley*	200
Yogurt	270	Mustard greens	190
Cottage cheese	230	Broccoli (1 stalk)	160
Ice cream	200	Spinach*	230
Butter (1 Tbsp=3)	45	Dandelion greens	150
Swiss cheese (1 oz)	260	Chard	125
Edam cheese (1 oz)	220	Rutabaga	100
Cheddar cheese (1 oz)	215	Leaf or Romaine lettuce	40
Parmesan (1 Tbsp grated)	70	Head lettuce	10
 <u>Miscellaneous</u>	 <u>(Milligrams)</u>	*Contain oxalic acid and other phytic acids that binds calcium. Steam these vegetables to keep this from happening.	
Blackstrap molasses	280		

Calcium Content of Foods (Continued)

<u>Seafood</u>	<u>(Milligrams)</u>	<u>Seaweed</u>	<u>(Milligrams)</u>
(3 oz)		(25 grams)	
Sardines with bones	370	Hijiki	350
Salmon, red (4 oz)	285	Wakame	325
Oysters	90	Arame	290
Smoked Salmon	15	Kombu	200

<u>Beans and Peas</u>	<u>(Milligrams)</u>	<u>Grains</u>	<u>(Milligrams)</u>
(1 cup cooked)		(1 cup dry)	
Navy beans	140	Masa Harina	140
Pinto	100	Tortillas (2)	120
Garbanzo beans	95	Cornmeal	24
Limas/black beans	60	Cornmeal (degermed)	8
Lentils and kidneys	50	Whole wheat flour	50
Peanuts (1/4 cup)	25	White enriched flour	20
Split peas	20	Oats	40
		Rice	25

<u>Sprouts</u>	<u>(Milligrams)</u>	<u>Nuts and Seeds</u>	<u>(Milligrams)</u>
(1 cup raw)		(1 Tbsp)	
Mung	35	Sesame seeds	70
		Tahini-sesame butter	20
		Pumpkin seeds	20
		Sunflower seeds	10
		Peanuts	7

SUPPLEMENTS

Take a high quality mineral supplement. Recommendations include Alkaline Ash Minerals (Calcium, Magnesium, and Potassium), Calcium, Magnesium, and Parathyroid Tissue, Multiple Nutrients to Support Bone Health, and others.