



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

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FOODS HIGH IN CALCIUM

FOOD

CALCIUM (mg)

FRUITS:

Avocado (1 average raw)	20
Blackberries (¾ C.)	32
Orange (1 med.)	41
Raspberries (¾ C.)	30
Rhubarb (1 C.)	96
Tangerine (2 small)	40



VEGETABLES:

Alfalfa Sprouts (1 C. raw)	28
Artichokes — Globe (cooked)	151
Beans — Green (1 C. cooked)	63
Beet Greens (3.5 oz. raw).....	119
Beet Greens (1 C. cooked)	144
Broccoli (5 ½ stalks — raw)	103
Broccoli (1 C. cooked)	136
Brussels Sprouts (9 raw)	36
Brussels Sprouts (1 C. cooked).....	50
Cabbage (1 C. raw).....	34
Cabbage (1 C. cooked).....	64
Cabbage — Chinese (1 C.).....	32
Carrots (1 C. cooked)	37
Carrot Juice (1 C.)	47
Celery (1 C. raw)	47
Chard (3.5 oz. raw).....	88
Chard (1 C. cooked)	106
Collards (3 oz. raw)	203
Collards (1 C. cooked).....	220
Dandelion Greens (3.5 oz. raw)	187
Dandelion Greens (1 C. cooked).....	244
Green Peas (1 C. raw)	37
Green Peas (1 C. cooked)	44
Kale (3.5 oz. raw)	179
Kale (1 C. cooked)	206
Kohlrabi (1 C. raw)	61
Kohlrabi (1 C. cooked)	54
Lentil Sprouts (1 C. raw)	12
Mung Bean Sprouts (1 C. raw)	20
Mustard Greens (3.5 oz. raw)	183



Mustard Greens (1 C. cooked)	284
Okra (1 C. raw)	92
Okra (1 C. cooked)	147
Parsley (3.5 oz. raw)	122
Parsnips (½ large — raw)	50
Parsnips (1 C. cooked)	70
Pumpkin (1 C. cooked)	61
Red Cabbage (1 C. raw)	29
Rutabagas (1 C. raw)	92
Rutabagas (1 C. cooked)	100
Sauerkraut (1 C. canned)	85
Soybean Sprouts (1 C. raw)	50
Spinach (1 C. raw)	51
Spinach (1 C. cooked)	167
Squash — Summer (1 C. cooked)	45
Squash — Winter (1 C. cooked)	57
Turnip Greens (1 C. raw)	51
Turnip Greens (1 C. cooked)	54
Turnips (1 C. raw)	51
Turnips (1 C. cooked)	54
Watercress (1 C. raw)	53



BEANS:

Adzuki (1 C. dry)	75
Black Bean (1 C. dry)	270
Black-eyed Peas (1 C. cooked)	40
Dry Pinto (1 C. cooked)	257
Garbanzo (1 C. dry)	300
Lentils (1 C. cooked)	50
Lima (1 C. cooked)	55
Red Kidney (1 C. cooked)	70
Soybeans (1 C. cooked)	131

GRAINS:

Barley — Pearled (½ C.)	68
Bran — Wheat (1 C. raw)	67.8



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FOOD

CALCIUM (mg)

(Note: Barley and Wheat Bran are extremely high in phosphorus and phytates, which can combine with zinc and calcium and carry them out of the body.)

Brown Rice (1 C. cooked)	18
Buckwheat Flour – Dark (1 C.)	33
Cornmeal (1 C. dry)	20
Instant Rice (1 C. cooked)	5
Millet – Whole Grain (1 C. dry)	45.6
Oats (1 C. cooked)	22
Rye Flour – Dark (1 C.)	69
Soy Four – Low Fat (1 C.)	263
Wild Rice (1 C. raw)	30



OILS:

Olive Oil (1 Tbsp.)	0.07
Safflower Oil (1 Tbsp.)	Trace



BREADS:

Akmak Cracker – Whole Wheat (4)	21.3
Cornbread – Whole Ground (2" sq.)	54
Muffin – Whole Wheat (1)	16
Pancake – Buckwheat (4")	59
Pancake – Whole Wheat (4")	50
Pita Bread – Whole Wheat (1 Slice)	40
Tortillas – Corn (6")	60
Whole Wheat Bread (1 slice)	23



MILK AND MILK PRODUCTS

Buttermilk (1 C.)	296
Cheddar Cheese (10 oz.)	218
Cottage Cheese (¼ C.)	29
Evaporated Whole Milk (½ C.)	30
Parmesan Cheese – Grated (1 Tbsp.)	68
Powdered Skim Milk (¼ C. dry)	367
Powdered Whole Milk (½ C.)	252
Skim Milk (1 C.)	298
Swiss Cheese (1 oz.)	272
Soybean Milk (1 C.)	47.5
Whole Milk (1 C.)	288
Yogurt – Plain – Low Fat	415



FISH:

Clams (9 small fresh)	29
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Oysters (½ lb. fresh)	31
Salmon (1 oz.)	51
Sardines (1 oz.)	115
Shrimp (½ lb. fresh)	35



OTHERS:

Almonds (1 C. raw)	332
Egg (1)	27
English Black Walnuts (1 C.)	45
Filberts (1 C. raw)	141
Molasses – Blackstrap (1 Tbsp.)	137
Sesame Seeds (1 C.)	42
Sunflower Seeds (¼ C.)	63
Tofu (3.5 oz.)	128

CALCIUM EQUIVALENTS TO AN 8 OZ GLASS OF NON-FAT MILK: (Most significant contributors)

- 1 cup collard, beet, or turnip greens
- 1 cup calcium-fortified soymilk
- 1 cup almonds
- 1½ cup sunflower seeds
- 2 cups cooked broccoli
- 2 cups cooked oats (long-cooking)
- 4 cups cooked green beans
- 3 pieces cornbread
- 30 cups cooked corn
- ¾ cup kale
- 6 cups soybean milk



(Note: It is possible to thicken each cup of soymilk with soy powder to increase the calcium content.)