

## CALCIUM CONTENT OF FOODS PER 100 GRAM PORTION (100 grams equals around 3.5 ounces)

This list was originated by Robert Cohen  
Executive Director, Dairy Education Board  
for the full article go to: <http://www.notmilk.com/deb/092098.html>

Foods listed in Alphabetical Order	
Human Breast Milk (lowest)	33mg
Almonds	234mg
Amaranth	267mg
Apricots (dried)	67mg
Artichokes	51mg
Beans (can: pinto, black)	135mg
Beet greens (cooked)	99mg
Blackeye peas	55mg
Bran	70mg
Broccoli (raw)	48mg
Brussel Sprouts	36mg
Buckwheat	114mg
Cabbage (raw)	49mg
Carrot (raw)	37mg
Cashew nuts	38mg
Cauliflower (cooked)	42mg
Swiss Chard (raw)	88mg
Chickpeas (garbanzos)	150mg
Collards (raw leaves)	250mg
Cress (raw)	81mg
Dandelion greens	187mg
Endive	81mg
Escarole	81mg
Figs (dried)	126mg
Filberts (Hazelnuts)	209mg
Kale (raw leaves)	249mg
Kale (cooked leaves)	187mg
Leeks	52mg
Lettuce (Light. green)	35mg
Lettuce (dark green)	68mg
Molasses (dark-213 cal.)	684mg
Mustard Green (raw)	183mg
Mustard Green (cooked)	138mg
Okra (raw or cooked)	92mg
Olives	61mg
Orange (Florida)	43mg
Parsley	203mg
Peanuts (roasted & salted)	74mg
Peas (boiled)	56mg
Pistachio nuts	131mg
Potato Chips	40mg
Raisins	62mg
Rhubarb (cooked)	78mg
Sauerkraut	36mg
Sesame Seeds	1160mg
Squash (Butternut)	40mg
Soybeans	60mg
Sugar (Brown)	85mg
Tofu	128mg
Spinach (raw)	92mg
Sunflower seeds	120mg
Sweet Potatoes (baked)	40mg
Turnips (cooked)	35mg
Turnip Greens (raw)	246mg
Turnip Greens (boiled)	184mg
Water Cress	151mg

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