

Calcium Source Guide

The following charts show the total amount of calcium and phosphorus in 1 cup portions of selected foods. One needs to look not only at the total milligram (mg) amount of calcium, but also the Calcium:Phosphorus ratio. This ratio should be close to 1:0.5 for the best calcium absorption. The higher the phosphorus amount is compared to the calcium, the poorer the absorption of calcium is in the body.

GOOD CALCIUM SOURCES

1 cup portion	Calcium		Phosphorus		Ca:Phos Ratio
Turnip Greens	694	mg	98	mg	1:0.14
Cabbage (outside green leaves)	429	mg	72	mg	1:0.17
Chinese Cabbage	400	mg	72	mg	1:0.2
Broccoli Leaves	349	mg	89	mg	1:0.26
Watermelon	33	mg	9	mg	1:0.27
Mustard Greens	582	mg	168	mg	1:0.29
Kohlrabi	390	mg	120	mg	1:0.3
Watercress	53	mg	15	mg	1:0.3
Chard	300	mg	100	mg	1:0.33
Collards (cooked)	414	mg	150	mg	1:0.4
Kale	390	mg	134	mg	1:0.4
Dandelion Greens	168	mg	70	mg	1:0.4
Endive	104	mg	39	mg	1:0.4
Broccoli Stem	111	mg	47	mg	1:0.4
Beet Greens	188	mg	80	mg	1:0.4
Orange or Tangerine	48	mg	18	mg	1:0.4
Cauliflower	163	mg	80	mg	1:0.5
Dark green leaf lettuce	25	mg	14	mg	1:0.56
Parsley	46	mg	30	mg	1:0.65
Spinach	156	mg	92	mg	1:0.6
Yellow Wax Beans	63	mg	46	mg	1:0.7
Celery	44	mg	32	mg	1:0.7

MODERATE CALCIUM SOURCES

1 cup portion	Calcium		Phosphorus		Ca:Phos Ratio
Cabbage (inside white leaves)	46	mg	34	mg	1:0.74
Rutabaga	99	mg	75	mg	1:0.75
Blueberries	33	mg	26	mg	1:0.8

Strawberries	68	mg	56	mg	1:0.8
Squash	36	mg	30	mg	1:0.8
Turnips	112	mg	94	mg	1:0.84
Okra	144	mg	124	mg	1:0.86
Carrots	90	mg	82	mg	1:0.9
Raspberries	82	mg	76	mg	1:0.93
Cantaloupe	64	mg	60	mg	1:0.9
Green Beans	55	mg	50	mg	1:1
Blackberries	43	mg	43	mg	1:1
Yams	44	mg	50	mg	1:1
Guavas	15	mg	16	mg	1:1
Apples	10	mg	10	mg	1:1
Pears	15	mg	18	mg	1:1.2

POOR CALCIUM SOURCES

1 cup portion	Calcium		Phosphorus		Ca:Phos Ratio
Parsnips	120	mg	152	mg	1:1.3
Radish	21	mg	29	mg	1:1.4
Apricots	15	mg	21	mg	1:1.4
Plums	20	mg	27	mg	1:1.4
Beets	56	mg	84	mg	1:1.5
Cherries(pitted)	19	mg	35	mg	1:1.58
Cauliflower	28	mg	46	mg	1:1.6
Broccoli Flowers	85	mg	140	mg	1:1.65
Grapes	19	mg	35	mg	1:1.8
Peaches	10	mg	19	mg	1:1.9
Cucumber	10	mg	21	mg	1:2.1
Pumpkin	46	mg	100	mg	1:2.2
Sweet Potato	19	mg	45	mg	1:2.4
Lettuce (head, iceberg)	17	mg	40	mg	1:2.4
Asparagus	28	mg	70	mg	1:2.5
Tomato	11	mg	29	mg	1:2.6
Eggplant	22	mg	62	mg	1:2.8
Pineapple	12	mg	35	mg	1:2.9
Bananas	7	mg	22	mg	1:3.1
Peas	56	mg	254	mg	1:4.5
Brussels Sprouts	36	mg	161	mg	1:4.48
Mushrooms	19	mg	131	mg	1:6.9
Corn	16	mg	206	mg	1:12.9

If you are feeding a **pet that needs a good calcium source (such as iguanas and other herbivorous lizards), feed daily several foods in the good calcium source table as

the basic diet. Feed small amounts of the moderate calcium source group, and rarely Feed from the poor calcium source group.

***If you are instructed to feed your pet a diet that is **low in calcium**, then concentrate on foods in the poor calcium sources group with supplementation from the moderate calcium source group. Consult your veterinarian for amounts, because some of these foods may be high in calories, if your pet is also on a restricted calorie diet.

**A special "Thank you" to Dr. Susan Brown whose client information sheets served as a basis for this handout.

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