

## Calcium-Phosphorus Ratio

	Ca :P		Ca :P		Ca :P
Rhubarb	5.33 :1	Milk Whole	1.28 :1	Tomato	1: 2.08
Turnip greens	4.24 :1	Bean Snap Green	1.27 :1	Peach	1: 2.11
Parsley	3.22 :1	Yogurt Skim Milk	1.27 :1	Almond	1: 2.15
Collard leaves	3.05 :1	Papaya	1.25 :1	Eggplant	1: 2.17
Beet greens	2.98 :1	Cherry	1.16 :1	Chickpea	1: 2.21
Dandelion greens	2.83 :1	Blueberry	1.15 :1	Brussel Sprouts	1: 2.22
Watercress	2.80 :1	Cress	1.07 :1	Cauliflower	1: 2.24
Romaine	2.72 :1	Plum	1.06 :1	Bell Pepper Red	1: 2.31
Kale leaves	2.68 :1	Leek	1.04 :1	Bell Pepper Green	1: 2.44
<b>Milk Human</b>	<b>2.29 :1</b>	Carrot	1.03 :1	Pomegranate	1: 2.67
Swiss Chard	2.26 :1	Grapefruit	1 :1	Asparagus	1: 2.82
Tangerine	2.22 :1	Raspberry	1 :1	Banana	1: 3.25
Chicory greens	2.15 :1	Strawberry	1 :1	Macadamia	1: 3.35
Pineapple	2.13 :1	Squash Summer	1: 1.04	Brazilnut	1: 3.73
Orange	2.05 :1	Date	1: 1.07	Pistachio	1: 3.82
Coconut Water	2.00 :1	Cucumber	1: 1.08	Walnut	1: 3.84
Fennel	1.96 :1	Cantaloupe/Honeydew	1: 1.14	Pecan	1: 3.96
Lime	1.83 :1	Pea Snow	1: 1.23	Avocado	1: 4.20
Spinach	1.82 :1	Mango	1: 1.30	Persimmon, Kaki	1: 4.33
Okra	1.80 :1	Onion	1: 1.33	Pea Green	1: 4.46
Rutabaga	1.69 :1	Apricot	1: 1.35	Lentil	1: 4.77
Cabbage	1.69 :1	Pear	1: 1.38	<b>Beef</b>	<b>1: 4.93</b>
Blackberry	1.68 :1	Pricklypear	1: 1.40	Nectarine	1: 6.00
Fig dried	1.64 :1	Watermelon	1: 1.43	Coconut milk	1: 6.25
Lemon	1.63 :1	Sweet Potato	1: 1.47	Rice Brown	1: 6.91
Sorrel	1.61 :1	Prune	1: 1.55	Peanut	1: 6.93
Fig fresh	1.59 :1	Filbert	1: 1.61	Coconut meat	1: 7.31
Chive	1.57 :1	Raisin	1: 1.63	Potato	1: 7.57
Endive	1.50 :1	Apple	1: 1.67	Rye	1: 8.87
<b>Mozzerella</b>	<b>1.43 :1</b>	Grapes	1: 1.67	Cashew	1: 9.82
Celery	1.39 :1	Artichoke	1: 1.73	Wheat	1: 10.64
Boston lettuce	1.35 :1	Cherimoya	1: 1.74	<b>Salmon</b>	<b>1: 16.67</b>
Broccoli	1.32 :1	Soursop	1: 1.93	<b>Chicken</b>	<b>1: 19.80</b>
Onion green	1.31 :1	Beet	1: 2.06	Pignolia	1: 35.94
				Corn	1: 37.00