

Calcium mg per calorie

www.bodyfatguide.com

	mg/cal		mg/cal		mg/cal
Turnip greens	8.79	Lemon	0.96	Cherimoya	0.24
Bok Choy	8.00	Cauliflower	0.93	Blueberry	0.24
Watercress	7.95	Coconut Water	0.91	Peach	0.24
Rhubarb	6.00	Carrot	0.88	Lentil	0.23
Chicory greens	5.73	Tangerine	0.87	Pistachio	0.22
Collard leaves	5.56	Asparagus	0.85	Soursop	0.22
Beet greens	4.96	Orange	0.84	Date	0.22
Kale leaves	4.70	Pea Snow	0.81	Raisin	0.21
Parsley	4.61	Brussel Sprouts	0.80	Prune	0.20
Chinese Broccoli	4.55	Onion	0.71	Grapes	0.18
Dandelion greens	4.16	Tomato	0.59	Walnut	0.15
Endive	4.05	Strawberry	0.57	Beef	0.15
Romaine	3.78	Blackberry	0.52	Mango	0.15
Spinach	3.58	Papaya	0.51	Pear	0.13
Fennel	3.57	Eggplant	0.48	Rye	0.11
Yogurt Skim Milk	3.55	Pricklypear	0.48	Apple	0.11
Swiss Chard	3.52	Cantaloupe/Honeydew	0.47	Wheat	0.11
Broccoli	3.22	Fig dried	0.46	Pecan	0.11
Okra	2.56	Milk Human	0.46	Peanut	0.10
Cress	2.53	Fig fresh	0.44	Banana	0.09
Boston lettuce	2.50	Bell Pepper Red	0.42	Potato	0.09
Chive	2.46	Bell Pepper Green	0.41	Rice Brown	0.09
Sorrel	2.36	Chickpea	0.39	Salmon	0.08
Celery	2.29	Almond	0.39	Persimmon, Kaki	0.08
Cabbage	2.04	Grapefruit	0.39	Pea Green	0.08
Milk Whole	1.98	Raspberry	0.39	Macadamia	0.07
Bean Snap Green	1.75	Beet	0.37	Cashew	0.07
Mozzarella	1.68	Apricot	0.33	Coconut milk	0.06
Cucumber	1.67	Filbert	0.33	Nectarine	0.06
Squash Summer	1.47	Pineapple	0.33	Avocado	0.06
Rutabaga	1.43	Cherry	0.31	Pomegranate	0.05
Onion green	1.42	Brazilnut	0.28	Chicken	0.05
Lime	1.18	Sweet Potato	0.28	Coconut meat	0.04
Artichoke	1.09	Plum	0.27	Corn	0.03
Leek	1.00	Watermelon	0.27	Pignolia	0.03

© Healthstyle 2009