



TOP 20 CALCIUM RICH FOODS SHOPPING LIST

FRUIT

- Dried Figs (162 mg)
- Oranges (40 mg)
- Rhubarb (86 mg)

VEGETABLES

- Kale (150 mg)
- Chinese Cabbage (105 mg)
- Broccoli (47 mg)
- Okra (82 mg)
- Wakame (150 mg)
- Turnip Greens (137 mg)
- Watercress (120 mg)

DAIRY

- Hard Cheeses (e.g. Parmesan, Cheddar) (720 to 1100 mg)
- Non Fat Greek Yogurt (110 mg)
- Low Fat Milk & Plain Yogurt (120-183 mg)

*Amounts of calcium shown are per 100 g serving

NUTS & SEEDS

- Sesame Seeds (975 mg)
- Almonds (264 mg)
- Chia Seeds (631 mg)

PROTEIN

- Tofu (350 mg)
- White beans (66 mg)
- Seafood: Carp (52 mg), Pike (57 mg), Snapper (40 mg), Shrimp (70 mg cooked, 145 mg canned), Sardines in Oil (382 mg)

AVOID

Excess salt
Processed sugar
Refined and processed foods
Excess alcohol consumption

GO ORGANIC

Choose organic and non-GMO produce where ever possible