



## ATTAIN YOUR VISION'S

### Nutrition for Life

.... from our early years till we are grey and not "OLD!"

**Calcium** is particularly important in building strong bones and teeth. If you don't get enough calcium from the food you eat, your body automatically takes the calcium needed from your bones. Great providers of calcium are dark green, leafy vegetables, like kale and broccoli, oranges, blackberries, almonds, oats, brown rice and dairy.

#### **Q: What are good food sources for calcium?**

**A:** "Dairy products are not the healthiest source," says Dr. Neal Barnard. "They do contain calcium, but only about 30% of it is absorbed. The remaining 70% never makes it past the intestinal wall and is simply excreted with the feces. Dairy products have many other undesirable features, including animal proteins that contribute to some cases of arthritis and respiratory problems, lactose sugar that is linked to cataracts, frequent traces of antibiotics, and other problems that lead many doctors to suggest that we avoid them and get calcium from healthier sources.

"The healthiest calcium sources are 'greens and beans.' Green leafy vegetables are loaded with calcium. One cup of broccoli has 178 milligrams of calcium. What's more, the calcium in broccoli and most other green leafy vegetables is more absorbable than the calcium in milk. An exception is spinach, which has a form of calcium that is not well absorbed."

"Beans, lentils, and other legumes are also loaded with calcium. We think of beans as a humble food, but they are an extraordinary source of nutrition. They have calcium, omega-3 fatty acids, the cholesterol-lowering soluble fiber that many people thought was only in oat bran, and healthy complex carbohydrates. If you make green vegetables and beans regular parts of your diet, you'll get two excellent sources of calcium."

Source: *Eat Right, Live Longer*, 168

Dr. Fuhrman agrees by writing, "You do not need dairy products to get sufficient calcium if you eat a healthy diet. All unprocessed natural foods are calcium-rich; even a whole orange (not orange juice) has about 60 mg of calcium."

Source: *Eat to Live*, 89-90

Dr. John McDougall says, "A vegetable-based diet is rich in calcium and all the other nutrients the body needs. Let's not forget that the original source of all calcium is the earth, and plants make this mineral available to animals, including humans, in delicious, digestible packages. That's where all the animals get it and you can, too."

Source: *The McDougall Program for a Healthy Heart*, 256

**CALCIUM Levels: Most of the values in the charts below can be found in the USDA National Nutrient Database for Standard Reference <http://www.nal.usda.gov/fnic/foodcomp/search/>**

Calcium in Raw Nuts  
and Seeds (shelled)

Nut/Seed (1 ounce)	Calcium Milligrams
Almonds (23)	70.0
Brazil nuts (6 to 8)	45.0
Cashews (18)	10.0
Chestnut, European boiled	13.0
Chestnuts, Japanese roasted	10.0
Hazelnuts/Filberts (21)	32.0
Flaxseeds (tablespoon ground)	18.0
Macadamias (10 to 12)	24.0
Peanuts, dry roasted	15.0
Pecans (19 halves)	20.0
Pine nuts	2.0
Pistachio (49)	30.0
Pumpkin seed (142)	12.0
Sesame seed, roasted	37.0
Sunflower seed, roasted	16.0
Walnut, black	17.0
Walnut, English (14 halves)	28.0

Calcium in Beans  
(dried, cooked)

<b>Bean 1 cup</b>	<b>Calcium Milligrams</b>
Adzuki Beans (Aduki)	64.0
Black Beans	46.0
Black-eyed Peas (Cowpeas)	39.0
Cranberry Beans	88.0
Fava Beans (Broadbeans)	61.0
Garbanzos (Chickpeas)	80.0
Great Northern Beans	120.0
Kidney Beans	50.0
Lentils	38.0
Lima Beans, large	32.0
Mung Beans	15.0
Navy Beans	126.0
Pink Beans	88.0
Pinto Beans	79.0
Soybeans	175.0
Split Peas	27.0

Calcium in Grains  
(cooked)

<b>Grain 1 cup</b>	<b>Calcium Milligrams</b>
Amaranth	276.0
Barley, pearled	17.0
Buckwheat groats (kasha)	12.0
Bulgur Wheat	18.0
Hominy, canned	16.0
Millet, hulled	5.0
Oat bran	22.0
Rice, brown (long grain)	20.0
Rice, white	16.0
Rice, wild	5.0
Wheat, sprouted	30.0
Wheat bran, crude	42.0
Wheat germ. toasted	51.0

Calcium in Meat, Chicken, Fish  
 VEGAN Substitutes\*

Product	Serving Size	Calcium Milligrams
Boca Burger Original Vegan	2.5 ounces	60
Dr. Praeger's Veggie Burgers	3 ounces	40
Health is Wealth Chicken-Free Patties	3 ounces	120
Lightlife Gimme Lean	2 ounces	40 to 60
Lightlife Ground Round	2 ounces	80
Lightlife Breakfast Links	2 links (2 ounces)	60

Soyrizo Chorizo	2 ounces	60
White Wave Tempeh	3 ounces	60
Yves Meatless Beef Burger	3 ounces	60
Yves Meatless Chicken Burgers	3 ounces	80
Yves Veggie Breakfast Patties	2 ounces	60
Yves Veggie Breakfast Links	3 ounces	80

Calcium in Ready-to Eat Cereals

Cereal	Cup	Calcium Milligrams
General Mills Basic 4	1	250.0
General Mills Cheerios	1	100.0
General Mills Fiber One	1	200.0
General Mills Total	3/4	258.0
General Mills Total Corn Flakes	1 .33	1000.0
General Mills Total Raisin Bran	1	1000.0
General Mills Wheaties	1	20.0
Kellogg's All-Bran	1/2	121.0
Kellogg's Product 19	1	5.0
Kellogg's Raisin Bran	1	29.0
Kellogg's Rice Krispies	1	2.0
Kellogg's Special K	1	9.0
Post Grape Nuts	1/2	20.0
Post 100% Bran	1/3	22.0
Post Raisin Bran	1	30.0
Post Shredded Wheat	1.25	27.0
Quaker Cinnmon Life	1	138.0
Quaker Oat Bran	1.25	109.0
Quaker 100% Natural Granola Oats & Honey	1/2	61.0

Calcium in Fresh Vegetables (cooked) \*Oxalates deters complete absorption

Vegetable	Serving	Calcium Milligrams
Artichokes	medium	54.0
Asparagus	1/2 cup	21.0
Beans, Green	1 cup	55.0
Beet greens	1 cup	164.0
Beets, sliced	1 cup	28.0
Bok Choy (Chinese Cabbage)	1 cup	158.0
Broccoli, chopped	1/2 cup	31.0
Broccoli, Chinese	1 cup	88.0
Broccoli raab (Rapini)	1 bunch	516.0
Brussels Sprouts	1/2 cup	28.0
Cabbage, Green	1/2 cup	36.0
Cabbage, Red	1/2 cup	32.0
Carrots, sliced	1/2 cup	23.0
Cauliflower	1/2 cup	10.0
Celery	1 cup diced	63.0
Collards	1 cup	266.0
Corn, Sweet	1 large ear	2.0
Dandelion Greens	1 cup	147.0
Eggplant	1 cup	6.0
Kale	1 cup	94.0

Leeks	1 medium	37.0
Okra, sliced	1/2 cup	62.0
Onions	1 cup	46.0
Parsnips	1/2 cup	29.0
Peas	1/2 cup	43.0
Peppers, green bell	1/2 cup	6.0
Potato medium, baked with skin	2 1/4" x 3 1/4"	26.0
Potato, boiled with skin	1/2 cup	4.0
Snow Peas	1 cup	94.0
Spinach	1 cup	245.0*
Squash, Acorn	1 cup cubed	90.0
Squash, Butternut	1 cup cubed	84.0
Squash, Crookneck	1 cup cubed	40.0
Squash, Hubbard	1 cup cubed	35.0
Squash, Spaghetti	1 cup	33.0
Squash, Winter	1 cup	29.0
Sweet Potato: with skin	1 medium	43.0
Swiss Chard	1 cup chopped	102*
Tomato, Stewed	1 cup	26.0
Turnip greens	1 cup chopped	197.0
Zucchini	1 cup sliced	23.0



Calcium in Fresh Vegetables (raw)  
 \*Oxalates deter complete absorption

Vegetable	Serving	Calcium Milligrams
Artichoke	medium	56.0
Asparagus	1 cup	32.0
Beans, green	1 cup	41.0
Beans, kidney (Sprouted)	1 cup	31.0
Beans, mung (Sprouted)	1 cup	14.0
Beans, navy (Sprouted)	1 cup	16.0
Beets	1 cup	22.0
Broccoli	1/2 cup	21.0
Broccoli, Chinese	1 cup	88.0
Brussels Sprouts	1 cup	37.0
Cabbage, Chinese (Bok choy) shredded	1 cup	74.0
Cabbage, Chinese (Pe tsai) shredded	1 cup	59.0
Cabbage, green shredded	1 cup	28.0
Cabbage, red shredded	1 cup	32.0
Cabbage, savoy shredded	1 cup	24.0
Carrot, chopped	1 cup	42.0
Cauliflower	1 cup	22.0
Celeriac	1 cup	67.0

Celery, chopped	1 cup	40.0
Chayote, 1" pieces	1 cup	22.0
Collards, chopped	1 cup	52.0
Corn, Sweet	1 large ear	3.0
Dandelion Greens, chopped	1 cup	103.0
Fennel	1 medium bulb	115.0
Kale, chopped	1 cup	90.0
Kohlrabi	1 cup	32.0
Leeks	1 cup	53.0
Lettuce, butter shredded	1 cup	19.0
Lettuce, green leaf shredded	1 cup	13.0
Lettuce, iceberg shredded	1 cup	13.0
Lettuce, red leaf shredded	1 cup	9.0
Mustard Greens, chopped	1 cup	58.0
Okra	1 cup	81.0
Onions, chopped	1 cup	37.0
Parsnips, sliced	1 cup	48.0
Peas	1 cup	42.0
Peppers, bell, chopped	1 cup	15.0
Radish, red sliced	1 cup	29.0
Radish, White Icicle	1/2 cup	14.0
Snow Peas	1 cup	27.0

Spinach	1 cup	30.0*
Squash, acorn cubed	1 cup	46
Squash, butternut cubed	1 cup	67
Squash, crookneck cubed	1 cup	27
Squash, hubbard cubed	1 cup	16
Squash, spaghetti	1 cup	23.0
Sweet Potato, cubes	1 cup	40.0
Swiss Chard*	1 cup	18.0*
Tomato	3 inch	18.0
Turnip, cubes	1 cup	39.0
Turnip greens	1 cup	104.0
Zucchini, chopped	1 cup	19.0

Calcium in Fruits  
(raw)

Fruit	Serving	Calcium Milligrams
Apple	2 per pound	13.0
Apricot	1 medium	5.0
Avocado, California	1 medium	18.0
Avocado, Florida	1 mediiium	30.0
Banana	9 inch	8.0
Blackberries	1 cup	42.0
Blueberries	1 cup	9.0
Boysenberries	1 cup frozen	36.0
Cantaloupe	1 cup cubed	17.6
Casaba Melon	1 cup cubed	14.0
Cherimoya (Custard Apple)	1 fruit	25.0
Cherries	1 cup	19.0
Cranberries	1 cup raw whole	8.0
Currants, Black	1 cup	62.0
Currants, Red/White	1 cup	37.0
Durian	1 cup chopped	15.0
Feijoa	1 med. trimmed	8.0
Fig	1 large (2.5") fig	22.0

Gooseberry	1 cup	38.0
Grape, Red or Green	1 cup	15.0
Grapefruit, Pink	1	15.0
Grapefruit, Red	1/2	27.0
Grapefruit, White	1/2	14.0
Guava	1 cup chopped	30.0
Guava, Strawberry	1 cup chopped	51.0
Honeydew	1 cup cubed	11.0
Jackfruit	1 cup siced	56.0
Kiwi	1 large	31.0
Kumquat	1 medium	12.0
Lemon	1 fruit 2 3/8 "	22.0
Lime	1 lime 2"	22.1
Loganberries	1 cup frozen	38.0
Loquat	1 medium	3.0
Mango	1 cup sliced	16.0
Mulberry	1 cup	54.6
Nectarine	1 fruit 2.5"	9.0
Orange, Florida	1 fruit 2 5/8"	61.0
Orange, navel	1 fruit 2 7/8"	48.0
Orange, valencia	1 fruit 2 5/8"	60.0
Papaya	1 cup cubed	34.0

Peach	1 medium 2 2/3"	9.0
Pear	1 pear medium	16.0
Persimmon	1 fruit 2.5"	7.0
Pineapple	1 cup diced	20.0
Plum	1 plum 2 1/8"	4.0
Pomegranate	1 fruit 3 3/8"	5.0
Prickly Pear	1 medium	58.0
Quince	1 medium	10.0
Raspberries	1 cup	31.0
Sapodilla	1 medium	36.0
Sapote (marmalade plum)	1 medium	88.0
Starfruit (carambola)	1 fruit 4.5"	4.0
Strawberries	1 cup whole	23.0
Tangerine (mandarin orange)	1 fruit 2.5"	33.0
Watermelon	1 cup diced	11.0

Calcium in Dried Fruits		
Fruit	Serving	Calcium Milligrams
Apples	1/2 cup	6.0
Apricots	1/2 cup halves	36.0
Banana chips	1 1/2 ounces	8.0

Cranberries, dried sweetened/TD>	1/3 cup	4.0
Currants, zante	1/2 cup	62.0
Dates, deglet noor	1/2 cup pitted chopped	34.5
Dates, medjool	1 date	15.0
Figs	1/2 cup chopped	120.5
Peaches	1/2 cup halves	22.4
Pears	1/2 cup halves	22.5
Prunes	1/2 cup pitted	37.5
Raisins, dark	1/2 cup	36.0
Raisins, golden	1/2 cup	43.5

Calcium in Nut/Seed Butters	
Nut/Seed (1 Tablespoon)	Calcium Milligrams
Almond	43.0
Cashew	7.0
Peanut	7.0
Sesame Tahini	64

### Calcium in Soy Products

Product	Serving Size	Calcium Milligrams
Baked Tofu Medium to Extra Firm	3 ounces	100 to 150
Tofu with calcium Medium to Extra Firm	3 ounces	100 to 150
Tofu Soft or Silken	3 ounces	20 to 40
Tempeh	3 ounces	60
Textured Vegetable Protein TVP	1/4 cup	80
Soy Yogurt	8 ounces	150 to 300

### Calcium in Milk Substitutes

Beverage 1 cup	Calcium Milligrams
Soy milk, fortified	200.0 to 368.0
Soy milk, unfortified	93.0
Rice milk, Fortified	250 to 300
Almond, Fortified	200 to 300
Hazelnut, Fortified	300
Hempmilk	460