

Food	Calcium (mg)	Food	Calcium (mg)
Dairy (1 cup)			
Goat milk	325	Swiss cheese, 1 oz	260
Whole milk	275	Cheddar cheese, 1 oz	215
Cottage cheese	156	Yogurt, whole fat	450
Fish (3 oz)			
Raw oysters, 12 medium	76	Salmon, canned with bones	181
Shrimp	33	Sardines, canned with bones	325
Vegetables (1 cup, cooked)			
Bok choy	158	Collard greens	357
Bean sprouts	320	Mustard greens	100
Spinach	290	Turnip greens	250
Swiss chard	125	Kale	94
Beet greens	165	Broccoli	62
Dandelion greens	146	Rutabaga	100
Okra	100	Rhubarb	350
Nuts & Seeds (¼ cup)			
Almonds	165	Walnuts	70
Chestnuts	150	Sesame seeds	225
Hazelnuts	113	Sunflower seeds	65
Pistachios	76	Soybean nuts	116
Beans			
Garbanzo	340	Soybeans	175
Pinto	80	Black beans	80
Navy Beans	160	Cannellini	80
Black-eyed peas	212	Refried beans, canned	118
Tofu, firm	516	Tempeh	154

Food	Iron (mg)	Food	Iron (mg)
Meat (4 oz)			
Liver, chicken	10	Beef	2.5
Clams	15.7 (canned 31.7)	Chicken	1.5 light, 2 dark
Oysters	5.8	Turkey	1.3 light, 2.5 dark
Hamburgers	3		
Beans			
Black beans	7.9	Tofu	4.6
Garbanzo	6.9	Lima beans	4.5
Pinto	6.1	Lentils	4.2
Navy Beans	5.1	Peas, split	2.5
Soybeans	4.9	Peas, fresh	2.9
Vegetables (1 cup, cooked)			
Spinach	6.4	Tomato juice	2.2
Beet greens	2.8	Beets	1.3
Swiss chard	4.0	Acorn squash	1.7
Kale	1.8	Butternut squash	2.1
Brussels sprouts	1.9	Potato, baked w/skin	2.7
Fruit			
Prune juice (1 cup)	165	Dates, 10	2.4
Dried peach halves, 5	150	Prunes, ½ cup	2.3
Raisins	113	Strawberries, 1 cup	1
Grains (¼ cup)			
Rice bran	4.8	Wheat bran or germ	1.9
Quinoa	4	Wheat berries	1.6
Millet	3.9	Oatmeal or cornmeal	1
Amaranth	3.7	Cold cereal, enriched	4.5
Seeds (¼ cup)			
Pumpkin seeds	5.2	Sesame seeds	5.2
Misc.			
Blackstrap molasses, tsp.	3.2	Brewer's yeast, 1tbs	1.4
Kelp, 2 Tbs.	2% of 8 mg	Turmeric, 2 tsp.	1.9