

Table 1. Calcium content of selected foods*

Food Item	mg/100 g	Food Item	mg/100 g
Lambquarter	309	Almonds	264
Turnip greens	190	Brazil nuts	160
Dandelion greens	187	Soybeans (soy nuts)	140
Collard greens	145	Hazelnuts	114
Parsley	138	Pistachio	107
Kale	135	Walnuts	98
Chinese cabbage (pak-choi)	105	Peanut	89
Mustard greens	103	Macadamias	85
Chicory greens	100	Pecans	70
Spinach	99	Chestnuts	67
Okra	81	Cashews	37
Endive	52		
Chard, Swiss	51		
Broccoli	47		
Cooked whole egg w/ shell	**	Oranges	43
Yogurt	183	Figs	35
Cottage cheese	69	Kiwi	34
		Lime	33
		Blackberries	29
Beans, Navy	147	Strawberry	21
Beans, Pinto	113		
Chickpeas	105		
Beans, Lima	81		
Beans, Fava	37		

* All foods are cooked unless otherwise noted

** Excellent source of dietary calcium