

FOOD	SERVING	CALCIUM (MG)
Sesame Seeds	0.25 cup	351
Sardines (with bones)	3.75 oz can	351
Yogurt	1 cup	296
Collard Greens	1 cup	268
Spinach	1 cup	245
Cheese	1 oz	204
Turnip Greens	1 cup	197
Canned sockeye salmon (with bones)	3 oz	188
Molasses, blackstrap	1 Tbsp	180
Mustard Greens	1 cup	165
Beet Greens	1 cup	164
Bok Choy	1 cup	158
Almonds, dry roast	2 oz	150
Cow's milk	4 oz	138
Swiss Chard	1 cup	102
Kale	1 cup	94
Cabbage	1 cup	63
Broccoli	1 cup	62
Brussels Sprouts	1 cup	56
Green Beans	1 cup	55
Oranges	1 medium	52
Cinnamon	2 tsp	52
Summer Squash	1 cup	49
Fennel	1 cup	43
Parsley	1/2 cup	42
Asparagus	1 cup	41
Celery	1 cup	40
Cumin	2 tsp	39
Basil	1/2 cup	38
Garlic	6 cloves	33
Oregano	2 tsp	32
Leeks	1 cup	31
Romaine Lettuce	2 cups	31
Cloves	2 tsp	27
Black Pepper	2 tsp	26