



Calcium

RDA

Calcium
U.S. RDA
800 mg

Major Functions

Promotes health of teeth and bones
Aids in blood clotting
Strengthens nervous system
Aids in heart rhythm
Helps in muscle function (contraction)
Normalizes metabolism
Activates some enzymes

Enemies

Aspirin
Chocolate
Mineral Oil
Oxalic Acid
Phytic Acid
Stress
Tetracyclines

Sample Selection

mg of Ca per 100g edible portion (about 3½ ounces)

- Sesame Seeds
1160 mg
- Kelp
1093 mg
- Pressed Tofu
377 mg
- Dulse
296 mg
- Almonds
234 mg
- Figs, dried
126 mg
- Broccoli
103 mg

Complementary Nutrients

Vitamins A, C, D & F
Iron
Magnesium
Phosphorus
Manganese
Amino Acid Lysine
Exercise!!!

Best Food Sources

Sesame Seeds
Figs (esp. dried)
Almonds
Beet Greens
Broccoli
Seaweed:
Agar, Irish, Moss,
Dulse, and Kelp
Turnip Greens
Watercress

Other Good Sources

Apple	Swiss Chard
Banana	Cress
Dates	Fennel
Peach	Kale
Pear	Parsley
Prunes	Spinach
Raisins	Legumes (esp. dried)
Rasp/Blackberries	Lima Beans,
Citrus Peel	Mung Beans,
Squash:	Pinto Beans,
Pumpkin,	Soybeans,
Yellow Squash,	Red Beans,
Scallop, and	White Beans,
Zucchini	Garbanzos,
Brazil Nuts	Lentils, and
Filberts	Split Peas
Tofu	Amaranth
Miso	Barley
	Buckwheat
	Brown Rice
Artichokes	Millet
Brussel Sprouts	Oats
Cabbage(s)	Rye
Celery	Rice Bran
	Wheat Bran

*Oxalic acid is concentrated in beet greens, spinach, rhubarb, and Swiss chard, but may be counter-balanced by their calcium content

*Phytic acid is in wheat and other glutinous grains. Again may be counter-balanced by calcium content of whole grain