



The following charts show the total amount of calcium and phosphorus in 1 cup portions of selected foods. One needs to look not only at the total milligram (mg) amount of calcium, but also the calcium to phosphorus ratio. This ratio should be close to 1 to 0.5 for the best calcium absorption. The higher the phosphorus amount is compared to the calcium, the poorer the absorption of calcium is in the body

GOOD CALCIUM SOURCES

ITEM as 1 Cup Portion	Calcium	Phosphorus	Calcium to Phosphorus Ratio
Turnip Greens	694 mg	98 mg	1 : 0.14
Gabbage (outside green leaves)	429 mg	72 mg	1 : 0.17
Chinese Cabbage	400 mg	72 mg	1 : 0.2
Broccoli Leaves	349 mg	89 mg	1 : 0.26
Watermelo	33 mg	9 mg	1 : 0.27
Mustard Greens	582 mg	168 mg	1 : 0.29
Kohlrabi	390 mg	120 mg	1 : 0.3
Watercress	53 mg	15 mg	1 : 0.3
Chard	300 mg	100 mg	1 : 0.33
Collards	414 mg	150 mg	1 : 0.4
Kale	390 mg	134 mg	1 : 0.4
Dandelion Greens	168 mg	70 mg	1 : 0.4
Endive	104 mg	39 mg	1 : 0.4
Broccoli Stem	111 mg	47 mg	1 : 0.4
Beet Greens	188 mg	80 mg	1 : 0.4
Orange or Tangerine	48 mg	18 mg	1 : 0.4
Cauliflower	163 mg	80 mg	1 : 0.5
Dark Green Leaf Lettuc	25 mg	14 mg	1 : 0.56
Parsley	46 mg	30 mg	1 : 0.65
Spinach	156 mg	92 mg	1 : 0.6
Yellow Wax Beans	63 mg	46 mg	1 : 0.7
Celery	44 mg	32 mg	1 : 0.7

MODERATE CALCIUM SOURCES

ITEM as 1 Cup Portion	Calcium	Phosphorus	Calcium to Phosphorus Ratio
Cabbage (inside white leaves)	46 mg	34 mg	1 : 1
Rutabaga	99 mg	75 mg	1 : 1
Blueberries	33 mg	26 mg	1 : 1
Straberries	68 mg	56 mg	1 : 1
Squash	36 mg	30 mg	1 : 1
Turnips	112 mg	94 mg	1 : 1
Okra	144 mg	124 mg	1 : 1
Carrots	90 mg	82 mg	1 : 1
Raspberries	82 mg	76 mg	1 : 1
Cantaloupe	64 mg	60 mg	1 : 1
Green Beans	55 mg	50 mg	1 : 1
Blackberries	43 mg	43 mg	1 : 1
Yams	44 mg	50 mg	1 : 1
Guavas	15 mg	16 mg	1 : 1
Apples	10 mg	10 mg	1 : 1