



High Calcium

..... food chart



Dairy	336 mg Parmesan cheese (1 oz) 	270 mg Swiss cheese (1 oz) 	200 mg Cheddar cheese (1 oz) 	200 mg Mozzarella cheese (1 oz) 	300 mg Milk (1 cup) 	400 mg Yogurt, plain (1 cup) 
Nuts & Seeds	176 mg Sesame seeds (2 tablespoons) 	180 mg Chia seeds (2 tablespoons) 	95 mg Almonds (¼ cup) 	130 mg Tahini (2 tablespoons) 	18 mg Sunflower seeds (¼ cup) 	110 mg Flaxseeds (2 tablespoons) 
Greens	180 mg Cooked kale (1 cup) 	260 mg Collard greens (1 cup) 	200 mg Turnip greens (1 cup) 	60 mg Cooked broccoli (1 cup) 	~70 mg Fresh parsley (¾ cup chopped) 	40 mg Watercress (1 cup) 
Seafood	325 mg Sardines with bones (3 oz, canned) 	180 mg Canned salmon with bones (3 oz) 	250 mg Mackerel with bones (3 oz) 	150 mg Anchovies (5 pieces) 	125 mg Shrimp (3 oz cooked) 	20 mg Tuna, canned (3 oz) 
Fruits	120 mg Dried figs (5 pieces) 	60 mg Orange (1 medium) 	40 mg Blackberries (1 cup) 	25 mg Kiwi (1 medium) 	55 mg Mulberries (1 cup) 	30 mg Papa (1 cup) 

Food Values Calcium

TD Snyder



Food Values Calcium:

This book delves into Food Values Calcium. Food Values Calcium is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Food Values Calcium, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Food Values Calcium
- Chapter 2: Essential Elements of Food Values Calcium
- Chapter 3: Food Values Calcium in Everyday Life
- Chapter 4: Food Values Calcium in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Food Values Calcium. This chapter will explore what Food Values Calcium is, why Food Values Calcium is vital, and how to effectively learn about Food Values Calcium.

3. In chapter 2, the author will delve into the foundational concepts of Food Values Calcium. This chapter will elucidate the essential principles that must be understood to grasp Food Values Calcium in its entirety.

4. In chapter 3, the author will examine the practical applications of Food Values Calcium in daily life. This chapter will showcase real-world examples of how Food Values Calcium can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Food Values Calcium in specific contexts. This chapter will explore how Food Values Calcium is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Food Values Calcium. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Food Values Calcium.

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Food Values Calcium Introduction

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