

TABLE 12.1 Calcium Content of Selected Foods

<i>Food</i>	<i>Mg per 3½-oz serving</i>	<i>Food</i>	<i>Mg per 3½-oz</i>
Kelp	1,093	Soybeans, cooked	73
Cheddar cheese	750	Pecans	72
Carob flour	350	Wheat germ	72
Dulse	298	Peanuts	69
Collard leaves	250	Miso	68
Kale	249	Romaine lettuce	68
Turnip greens	246	Apricots, dried	67
Almonds	234	Rutabaga	66
Yeast, brewer's	210	Raisins	62
Parsley	203	Black currants	60
Dandelion greens	187	Dates	59
Brazil nuts	186	Green snap beans	58
Watercress	151	Globe artichoke	51
Goat's milk	129	Prunes, dried	51
Tofu	128	Pumpkin/squash seeds	51
Figs, dried	126	Beans, cooked dry	50
Buttermilk	121	Cabbage	49
Sunflower seeds	120	Soybean sprouts	48
Yogurt	120	Wheat, hard winter	46
Wheat bran	119	Orange	41
Whole milk	118	Celery	41
Buckwheat, raw	114	Cashews	38
Sesame seeds, hulled	110	Rye grain	38
Olives, ripe	106	Carrot	37
Broccoli	103	Barley	34
English walnuts	99	Sweet potato	32
Cottage cheese	94	Brown rice	32

Source: USDA Nutritive Value of American Foods in Common Units, Agricultural Handbook No. 456.

**TOTAL DAILY INTAKE
IF USING CALCIUM CARBONATE**

Age 9-18 1,300 mg
 Age 19-50 1,000 mg
 Age 51+ 1,200 mg (if also using
 estrogen replacement)
 1,500 mg (if not taking
 estrogen replacement)

Pregnant or lactating women

18 or younger 1,300 mg
 19-50 1,000 mg

If using calcium citrate or citrate with malate, comparable doses may be anywhere from 20 per cent less to one-fourth the dose of calcium carbonate. In fact, I recommend calcium citrate or malate that is about one-half the carbonate doses.