

Calcium Foods Chart

JustChartit.com



Spinach Cooked

Calcium: **245 mg**

Serving Size: **1 Cup**



Bok choy Cooked

Calcium: **158 mg**

Serving Size: **1 Cup**



Kale Cooked

Calcium: **177 mg**

Serving Size: **1 Cup**



Broccoli Cooked

Calcium: **62 mg**

Serving Size: **1 Cup**



Figs

Calcium: **135 mg**

Serving Size: **5 pieces**



Oranges

Calcium: **55 mg**

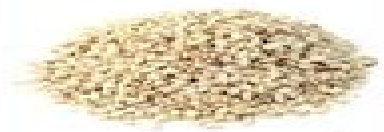
Serving Size: **1 Whole**



Almonds

Calcium: **92 mg**

Serving Size: **1/4 cup**



Sesame seeds

Calcium: **88 mg**

Serving Size: **1 tablespoon**



Chia seeds

Calcium: **78 mg**

Serving Size: **1 tablespoon**



Greek yogurt plain (low-fat)

Calcium: **261 mg**

Serving Size: **8 ounces**



Cheddar cheese

Calcium: **200 mg**

Serving Size: **1 ounce**



Cottage cheese 2% fat

Calcium: **227 mg**

Serving Size: **1 Cup**



Ricotta cheese whole milk

Calcium: **289 mg**

Serving Size: **1/2 cup**



Milk 1% fat

Calcium: **125 mg**

Serving Size: **100 grams**



Apple

Calcium: **6 mg**

Serving Size: **100 grams**



Banana

Calcium: **5 mg**

Serving Size: **100 grams**

Food Values Calcium

Siddappa N.Byrareddy



Food Values Calcium:

Unveiling the Magic of Words: A Review of "**Food Values Calcium**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Food Values Calcium**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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