

CALCIUM

While there are slight variations for age and pregnancy, the Recommended Dietary Allowance (RDA) is 1200mg for adult men and women.

Foods Containing the Highest Levels of Calcium (Ca mg per 100 grams of food)

Data Source: USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5
2018-02-04

Food Groups Included:

- American Indian/Alaska Native Foods and Wild Foods Tested
- Fruits and Fruit Juices;
- Vegetables

Food Groups Excluded:

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Legumes and Legume Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

Ordered by: Nutrient Content from Highest to Lowest

Date: April, 2018

Description	Calcium, Ca(mg) Per 100 g
Stinging Nettles, blanched (Northern Plains Indians)	481
Hazelnuts, beaked (Northern Plains Indians)	441
Fireweed, leaves, raw	429
Lambsquarters, raw (Northern Plains Indians)	366
Grape leaves, raw	363
Lambsquarters, steamed (Northern Plains Indians)	349
Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	299
Collards, raw	232
Amaranth leaves, raw	215
Mustard spinach, (tendergreen), raw	210
Kale, scotch, raw	205
Soybeans, green, raw	197
Turnip greens, raw	190
Goji berries, dried	190
Dandelion greens, raw	187
Drumstick leaves, raw	185

Piki bread, made from blue cornmeal (Hopi)	184
Garlic, raw	181
Prickly pears, raw (Northern Plains Indians)	180
Tortilla, blue corn, Sakwavikaviki (Hopi)	174
Rose Hips, wild (Northern Plains Indians)	169
Seaweed, kelp, raw	168
Figs, dried, uncooked	162
Orange peel, raw	161
Arugula, raw	160
Kale, raw	150
Seaweed, wakame, raw	150
Parsley, fresh	138
Lemon peel, raw	134
Prairie Turnips, raw (Northern Plains Indians)	130
Taro, tahitian, raw	129
Cowpeas (blackeyes), immature seeds, raw	126
Seaweed, spirulina, dried	120
Watercress, raw	120
Chrysanthemum leaves, raw	117
Beet greens, raw	117
Mustard greens, raw	115
Eppaw, raw	110
Broccoli raab, raw	108
Taro leaves, raw	107
Cabbage, chinese (pak-choi), raw	105
Chicory greens, raw	100
Spinach, raw	99
Borage, raw	93
Chives, raw	92
Rhubarb, raw	86
Balsam-pear (bitter gourd), leafy tips, raw	84
Okra, raw	82
Cress, garden, raw	81
Sweet potato leaves, raw	78
Swamp cabbage, (skunk cabbage), raw	77
Cabbage, chinese (pe-tsai), raw	77
Onions, spring or scallions (includes tops and bulb), raw	72
Seaweed, irishmoss, raw	72
Oranges, raw, with peel	70

