

Dr. Crowley's *Pharmacy*

Calcium -

Maintains strong bones and teeth
Crucial for bone formation and maintenance
Muscle contraction, Blood clotting and nerve function

The following foods are a great source of Calcium

Dairy:

Skim Milk 16 oz 598 mg
2% Milk 16 oz 586 mg
Whole Milk 16 oz 551 mg
Parmesan Cheese 1 TBSP 627 mg
Low Fat Yogurt, 1 cup 488 mg
American Cheese 1 oz 297 mg
Plain Yogurt, 1 cup 296.5 mg
Buttermilk 1 cup 282 mg
Ricotta Cheese, ½ Cup 255 mg
Swiss Cheese, 1 oz 253 mg
Queso Blanco ¼ Cup 255 mg
Cheddar Cheese 1 oz 202 mg
Sharp Cheddar Cheese, 1 oz 199 mg
Non Fat Greek Yogurt 187 mg
Blue Cheese 1 oz 150 mg
Mozzarella 1 oz 143 mg
Cottage Cheese, 4 oz 94 mg

Fruit:

Tangerines 1 cup 72 mg
Oranges 1 cup 72 mg
Kiwi 1 cup 61 mg
Blackberries 1 cup 42 mg
Guavas 1 cup 30 mg
Papaya 1 cup 29 mg

Vegetables:

Spinach, cooked 1 cup 245 mg
Kale, cooked 1 cup 172 mg
Bok Choy, cooked 1 cup 158 mg
Okra, cooked 1 cup 123 mg
Swiss Chard, Cooked 1 cup 102 mg
Broccoli Raab, cooked 1 cup 100 mg
Pea Pods, cooked 1 cup 94 mg
Acorn Squash, cooked 1 cup 90 mg
Butternut Squash, cooked 1 cup 84 mg
Sweet Potatoes, mashed, 1 cup 77 mg
Cabbage, cooked 1 cup 72 mg
Broccoli, cooked 1 cup 62 mg
Brussel Sprouts, cooked 1 cup 56 mg
Green Beans, cooked 1 cup 55 mg
Carrots, cooked 1 cup 47 mg

Meat:

Tofu, Firm 1 cup 1721 mg
Trout 1 filet 123 mg
1 Braised Pork Chop 105 mg
Turkey Hot Dog 42 mg
Braised Pork Spare Ribs 3 oz 40 mg
70% Lean Hamburgers 35 mg
Roasted Chicken Breast, 1 cup 21 mg
Roasted Ham 1 cup 19 mg

"Let food be thy medicine and medicine be thy food" Hippocrates