



## Calcium Sources

100-mg, (3 ½-ounce) edible portions

Food	Calcium in Milligrams
Hijiki*	1,400
Wakame*	1,300
Kelp*	1,099
Kombu*	800
Brick Cheese	682
Dried Wheat grass or barley grass	514
Sardines	443
Agar-Agar*	400
Nori*	260
Almonds	233
Amaranth grain	222
Hazelnuts	209
Parsley	203
Turnip greens	191
Brazil nuts	186
Sunflower seeds	174
Watercress	151
Garbanzo beans	150
Quinoa	141
Black beans	135
Pistachios	135
Pinto beans	135
Kale	134
Spirulina	131
Yogurt	121
Milk	119
Collard greens	117
Sesame seeds	110
Chinese cabbage	106
Tofu	100
Walnuts	99
Okra	82
Salmon	79
Cottage cheese	60
Eggs	56
Brown rice	33
Bluefish	23
Halibut	13
Chicken	11
Ground beef	10
Mackerel	5

\*These sea vegetables are now available in most whole-food stores.

### Calcium Inhibitors

- Coffee, soft drinks, and diuretics.
- Excesses of protein, especially meat.
- Refined sugar or too much of any concentrated sweetener or sweet flavored food.
- Alcohol, marijuana, cigarettes, and other intoxicants.
- Too little or too much exercise.
- Excess salt.
- The *Solanum* genus of vegetables—tomatoes in particular, but also potatoes, eggplant, and bell peppers contain the calcium inhibitor solanine.

### Times of Increased Calcium Requirements

- During periods of growth:
  - In childhood and adolescences
  - During pregnancy and lactation
  - During rapid mental/spiritual growth
- With age:
  - Older people assimilate less calcium
  - Women especially have greater needs after menopause
- In the presence of:
  - Heart and vascular disease, including hypertension (high blood pressure)
  - Bone disorders, including bone deterioration, easily fractured bones, arthritis, and tooth-and-gum problems including pyorrhea.
  - Most nervous system disorders