

Calcium Rich Food

Kelp
Brick Cheese
Wheat or Barley
Sardines
Sesame Seeds
Almonds
Soybeans
Canned Salmon
Hazelnuts
Parsley
Turnip Greens
Collard Greens
Brazil Nuts
Dandelion Greens
Kale
Sunflower Seeds
Watercress
Garbanzo Beans

White Beans
Mustard Greens
Black Beans
Pinto Beans
Broccoli
Yogurt
Milk
Beet Greens
Tofu
Chinese Cabbage
Spinach
Walnuts
Okra
Cottage Cheese
Eggs
Brown Rice
Bluefish
Halibut
Chicken