

Practical Nutrition Tips: Food Sources of Calcium



Calcium

One of the main issues with calcium is bio-availability. The best way to get calcium is through food. Some guidelines below can give you an idea on requirements and how to accomplish this. If you take calcium supplements, the most bio-available is calcium lactate (1 enzyme conversion) followed by calcium citrate (2 enzyme conversions). In contrast, calcium carbonate requires 13 enzymatic conversions to be absorbed.

In addition to the bio-availability of calcium, digestion of all minerals requires sufficient hydrochloric acid in the stomach. Vitamin D is required to absorb calcium from the gut to the blood stream and Vitamin F, an essential fatty acid, is required to move calcium into the tissue. Vitamin K is further required to get calcium into the bones. Vitamin D is made from exposure to the sun and is found in few foods. Eating a wide variety of the following calcium rich foods supplies the package that is needed for the proper utilization of calcium.

Rich in the following foods...

Bone Meal, Liver, Dried Beans, Brown Rice
 Cheeses (cheddar, swiss, mozzarella)
 Dark Leafy Greens: Collard Greens, Mustard Greens, Spinach, Turnip Greens, Kale, Celery
 Figs, Raisins, Apricots, Dates, Papaya, Avacados
 Flax & Sesame Seed, Almonds, Pecans, Brazil Nuts, Cashews
 Milk, Yogurt

Supports the following systems...

Cardiovascular (muscle tone & nerve conduction)
Blood (aids in blood clotting function)
Immune (aids in fighting infection)
Musculoskeletal (strong bones and teeth, muscle function)
Nervous (nerve function)

Get calcium from your foods...

1 cup yogurt	490 mg
2oz swiss cheese	540 mg
2 oz mozzarella	420 mg
2 T Parmesan	140 mg
1 cup cooked spinach	260 mg
1 cup cooked kale	180 mg
2 corn tortillas	100 mg

Further Reading

[Calcium in Foods](#)

[Guide to Superfoods](#)

[Love Liver](#)

[Raw Milk Facts](#)

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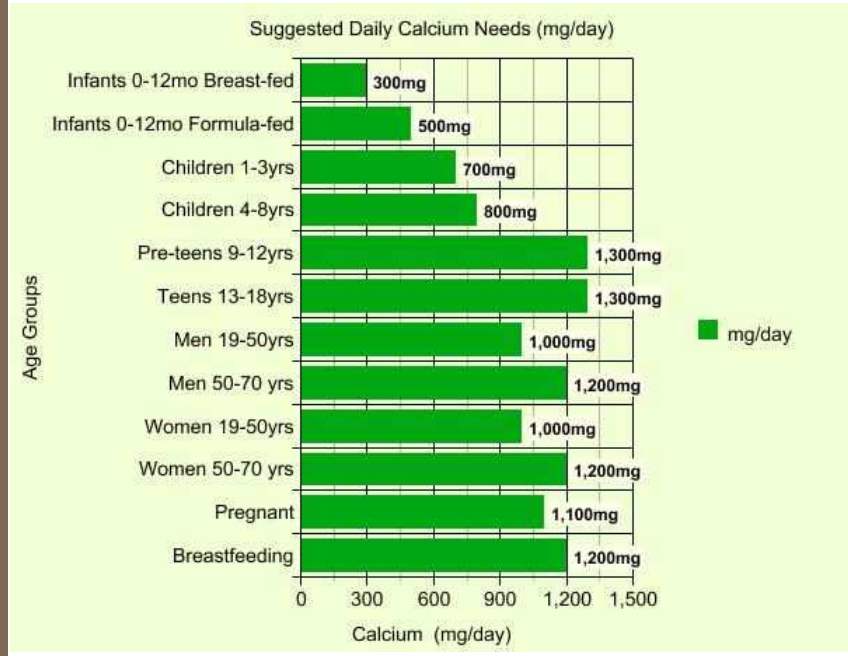
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1/2 canned salmon 200 mg
 2 oz almonds



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