

SCARY DAIRY!

(Part 2 of 2)

Now that you are sworn off dairy after reading Part one of this handout, what do you do for calcium? Americans consume the most dairy in the world per capita, yet they have the highest rate of osteoporosis and bone fractures in the world!

Why don't adult cows get osteoporosis? (Hint: They don't drink milk after 6 months old... and they are vegetarians.)

Vegetable & Fruit sources of Calcium (per 4 oz serving)

Food	Calcium	Food	Calcium
Artichokes	51 mg	Asparagus	23 mg
Bamboo Shoots	13 mg	Beet Greens	119 mg
Broccoli	103 mg	Brussels Sprouts	36 mg
Cabbage	42 mg	Cauliflower	25 mg
Celery	39 mg	Chard	88 mg
Chives	69 mg	Collard Greens	250 mg
Cress	81 mg	Cucumber	25 mg
Dandelion Greens	187 mg	Eggplant	12 mg
Fennel	100 mg	Garlic	29 mg
Kale	249 mg	Leeks	52 mg
Lettuce	20-68 mg	Mustard Greens	183 mg
Okra	92 mg	Onion, Green	51 mg
Parsley	203 mg	Pepper, Red	13 mg
Pepper, red hot	130 mg	Radish	30 mg
Rhubarb	96 mg	Seaweed, agar	567 mg
Seaweed, dulce	296 mg	Spinach	93 mg
Turnip Greens	246 mg	Watercress	151 mg
Avacado	10 mg	Grapefruit	16 mg
Lemon	7 mg	Tomato	13 mg

Legume, Nut & Grains sources of Calcium (per 4 oz serving)

Food	Calcium	Food	Calcium
Chickpeas	150 mg	Lentils	79 mg
Lima Beans	52 mg	Mung Sprouts	118 mg
Peas	26 mg	Red Beans	110 mg
Soybean, Dried	226 mg	Soybean, Fresh	67 mg
Soybean, sprouts	48 mg	Almond	234 mg
Brazil nuts	186 mg	Filbert	209 mg
Pumpkin Seeds	51 mg	Sesame Seeds	1160 mg
Sunflower seeds	120 mg	Barley	34 mg
Millet	20 mg	Rice, Brown	32 mg
Wheat	46 mg	Wheat bran	119 mg