

# CALCIUM SOURCES

## Recommended Daily intake of Calcium 800-1200mg daily

### Calcium's Major Functions in the Body

- Promotes health of teeth and bones
- Aids in blood clotting
- Strengthens nervous system
- Aids in heart rhythm
- Helps in muscle function
- Normalizes metabolism
- Activates some enzymes

### Enemies of Calcium Absorption

Aspirin

Chocolate

Mineral Oil

Oxalic Acid (some green leafy vegetables such as spinach)

Phytic Acid (found in bran and seeds)

Stress

Tetracyclines (antibiotics)

### Complementary Nutrients

Vitamins A, C, D  
Essential fatty acids  
Iron  
Magnesium

Phosphorus  
Manganese  
Amino Acid Lysine  
Exercise!!!

## Best Food Sources

Sesame Seeds  
Figs (esp. dried)  
Almonds  
Beet Greens  
Broccoli

Seaweed  
Agar, Irish Moss  
Dulse and Kelp  
Turnip Greens  
Watercress

## Other Good Sources

Apple	Prunes	Yellow Squash	Lentils and	Brussel
Swiss Chard	Spinach	Soybeans	Split Peas	Sprouts
Banana	Raisins	Scallop	Tofu	Oats
Watercress	Legumes	Red Beans	Amaranth	Cabbage(s)
Dates	Citrus Peel	Zucchini	Miso	Rye
Fennel	Lima Beans	White Beans	Barley	Celery
Peach	Squash	Brazil Nuts	Buckwheat	Rice Bran
Kale	Mung Beans	Garbanzos	Brown Rice	Wheat Bran
Pear	Pumpkin	Filberts	Artichokes	
Parsley	Pinto Beans,		Millet	

\*Oxalic acid is concentrated in beet greens, spinach, rhubarb, and Swiss chard, but may be counterbalanced by their calcium content

\*Phytic acid is in wheat and other glutinous grains. Again may be counterbalanced by calcium content of whole grain