

CALCIUM-RICH FOODS



bok choy
16 g/2000 cal



arugula
13 g/2000 cal



spinach
12 g/2000 cal



beet greens
11 g/2000 cal



dill pickles
9 g/2000 cal



kale
9 g/2000 cal



mustard greens
8 g/2000 cal



kimchi
7 g/2000 cal



yogurt (non-fat)
7 g/2000 cal



parmesan cheese
6 g/2000 cal



halloumi
5 g/2000 cal



Swiss cheese
5 g/2000 cal



OPTIMISING
NUTRITION

optimal nutrient intake = 1,650 mg/2000 cal
bliss point (minimum) = 650 mg/2000 cal

Foods For One Or Two Or More

**United States. Congress. Senate.
Committee on Agriculture, Nutrition,
and Forestry**

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