

# 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**

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