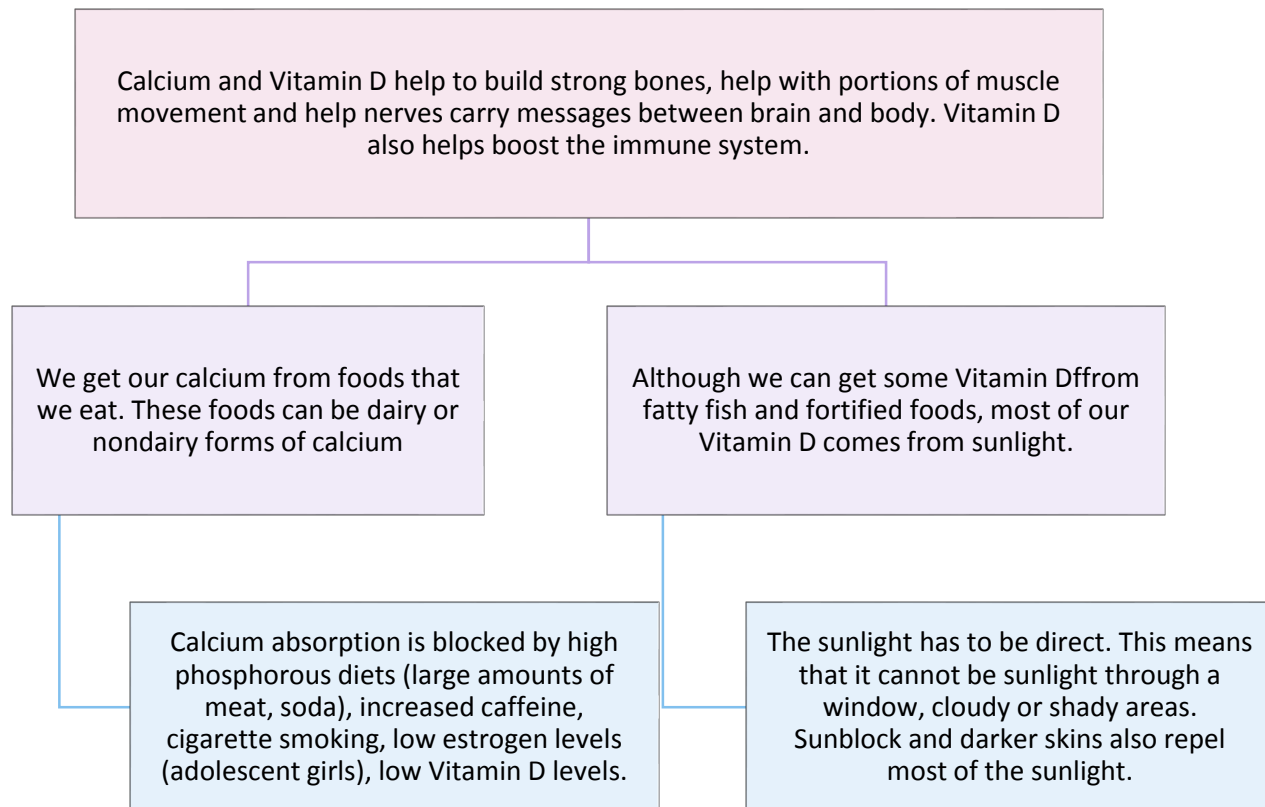


Calcium and Vitamin D₃



Dietary Sources of Calcium

Milk (8 oz)	300mg	Bok Choy (1 cup)	150mg
Yogurt (8 oz)	400mg	Turnip Greens (1 cup)	200mg
Ice Cream (8 oz)	275mg	Tofu (4 oz)	150-250mg
Cheese (1 oz)	200mg	Almonds (1/4 cup)	90mg
Fortified OJ (8 oz)	300mg	Almond butter (2 tbs)	90mg
Fish (3 oz)	100-175mg	Sesame Tahini (1 tbs)	64mg
Collards (1 cup)	250mg	Northern Beans (1 cup)	120mg
Broccoli (1 cup)	100-140mg	Navy Beans (1 cup)	125mg
Spinach (1/2 cup)	120mg	Soy Beans (1 cup)	175mg