



High Calcium

..... food chart



Dairy	336 mg Parmesan cheese (1 oz) 	270 mg Swiss cheese (1 oz) 	200 mg Cheddar cheese (1 oz) 	200 mg Mozzarella cheese (1 oz) 	300 mg Milk (1 cup) 	400 mg Yogurt, plain (1 cup) 
Nuts & Seeds	176 mg Sesame seeds (2 tablespoons) 	180 mg Chia seeds (2 tablespoons) 	95 mg Almonds (¼ cup) 	130 mg Tahini (2 tablespoons) 	18 mg Sunflower seeds (¼ cup) 	110 mg Flaxseeds (2 tablespoons) 
Greens	180 mg Cooked kale (1 cup) 	260 mg Collard greens (1 cup) 	200 mg Turnip greens (1 cup) 	60 mg Cooked broccoli (1 cup) 	~70 mg Fresh parsley (¾ cup chopped) 	40 mg Watercress (1 cup) 
Seafood	325 mg Sardines with bones (3 oz, canned) 	180 mg Canned salmon with bones (3 oz) 	250 mg Mackerel with bones (3 oz) 	150 mg Anchovies (5 pieces) 	125 mg Shrimp (3 oz cooked) 	20 mg Tuna, canned (3 oz) 
Fruits	120 mg Dried figs (5 pieces) 	60 mg Orange (1 medium) 	40 mg Blackberries (1 cup) 	25 mg Kiwi (1 medium) 	55 mg Mulberries (1 cup) 	30 mg Papa (1 cup) 

Food Values Calcium

**Gregory D. Miller, Judith K. Jarvis, Lois
D. McBean**

Food Values Calcium:

Food Values Leah Wallach,1989 In this informative guide readers will learn the importance and benefits of calcium and how calcium and other nutrients interact to increase or inhibit calcium absorption Food Values Emma Annie Winslow,1921

Food Values of Breadfruit, Taro Leaves, Coconut, and Sugar Cane Carey Dunlap Miller,1929

Handbook of Nutrition and Food Carolyn D. Berdanier,Johanna T. Dwyer,Elaine B. Feldman,2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original **Food Values of Poi, Taro, and**

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Nutrition Danielle Gallegos,Mark L Wahlqvist,2020-07-27 Food how we produce prepare share and consume it is fundamental to our wellbeing It also connects the human body to the complex and dynamic systems of our environment This is more significant than ever before in human history as climate change and increasing population impact on global ecosystems This fourth edition of Food and Nutrition has been completely rewritten to reflect an ecosystems approach to human health It is shaped around four dimensions of human nutrition biology society environment and economy Food and Nutrition provides a comprehensive overview of food components and the biochemistry of foods and digestion It outlines nutrition needs at different life stages dietary disorders and social and cultural influences on food selection and consumption It also explores the increasing influence of technology on agriculture and food preparation and recent research into intergenerational nutrition and nutrigenomics At every stage it points to how you can impact your own health and the health of others as a global citizen and as a health or other food system related professional Extensively illustrated with informative graphs diagrams and data and with examples glossaries and reflective exercises Food and Nutrition is the ideal introduction to the field of nutrition and dietetics for the 21st century and a valuable professional reference for early career dietitians

Handbook of Dairy Foods and Nutrition Gregory D. Miller,Judith K. Jarvis,Lois D. McBean,2006-12-15 Handbook of Dairy Foods and Nutrition Third Edition examines the role of dairy products in diet and health covering such areas as cardiovascular health hypertension cancer bone and oral health This edition features a new chapter on dairy foods and weight management Other chapters address lactose digestion and the contribution of dairy foods to health throughout the lifecycle All chapters contain updated or new data content and references With peer reviewed chapters by nutrition and medical experts this book remains the most subsidized reference on dairy and nutrition currently available **Food Values in Practice** Ethel Mary Dobbs,1929 *Food Values in War-time* Violet Geraldine Plimmer,1941 **The Journal of Biological Chemistry** ,1927 Vols 3 include the society s Proceedings 1907 Vital factors of foods Carleton Ellis,1922

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Studies on the Nutritive Value of the Soybean in the Human Diet William Gray Bowers,1919 Cornell Experiment
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