

# Natural Energy Balancing

## Calcium rich foods

If you have been told that you are sensitive to milk and other dairy products or perhaps you are just moving to a healthier lifestyle, you may be concerned about not getting an adequate supply of calcium in your diet.

I assure you, there are plenty of foods available to give you all the calcium your body needs for strong bones, healthy teeth, nerve and muscle function as well as digestive support ... and they are all much healthier for you than dairy. Try including something new in your diet ... be adventurous!

<b>Food</b>	<b>Amount</b>	<b>Ca in mg</b>
Natto – fermented soy beans (see link below)	½ cup	190
Tempeh	1 cup	184
Tofu	½ cup	130
Tahini	1oz/30g	128
Navy beans	1 cup	128
Sardines, canned	1oz/30g	125
Collard greens, cooked	½ cup	113
Salmon, canned (with bones)	1oz/30g	103
Quinoa	1 cup	102
Turnip greens, cooked	½ cup	99
Kale, cooked	½ cup	90
Pinto beans	1 cup	82
Almonds, dry roasted	1oz/30g	80
Chickpeas (garbanzo beans)	1 cup	80
Parsley	1oz/30g	65
Figs, dried	1oz/30g	65
Kidney beans	1 cup	50
Okra	½ cup	50
Flax seeds	1oz/30g	48
Broccoli, cooked	1 cup	42
Lentils	1 cup	38
Sunflower seeds	1oz/30g	34
Sweet potato, baked	1 cup	32
Spinach (measured raw)	½ cup	30
Swiss chard, cooked	½ cup	30
Cabbage, cooked	½ cup	25
Potato, baked	1 med	20
Rocket (arugula)	½ cup	16

<https://draxe.com/natto/>

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