

**Calcium and protein go hand in hand, find them in unexpected packaging...**

**Amount of food = to 100 calories                      total mg of Calcium                      total g of Protein**

4 cups bok choy / Napa cabbage	1,055	15
4 cups turnip greens	921	8
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4 cups collard greens	559	8
4 cups kale	455	9
1 cup low fat 1% milk	294	8
4 cups romaine	257	11
3 oz tofu (made with calcium sulfate)	236	14
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2 1/2 cups broccoli	182	12
2 TBS. sesame seeds	170	6
3 oz cooked fish with bones	150	22
1/3 cup soybeans	134	18
8 cups! cucumber	108	8
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4 cups cauliflower	88	8
1 1/2 cups carrots	63	4
3 oz cooked fish	38	22
1 1/2 large eggs	32	10
1 1/2 oz cooked T-bone steak	5	5-10
2 1/2 oz cooked pork chops	2	15
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**cooked whole grain**

one pound = 380 calories  
 protein = 13 grams  
 fat = 3.5 grams  
 Calcium varies  
 1/4 cup cooked wheat  
 one ounce = 25 calories

**baked bread**

one lb = 1120 calories  
 protein = 36 g  
 fat = 18 g  
 Calcium = 30 mg  
 1 slice bread or 1/3 bagel  
 one ounce = 75 calories

**fresh greens**

one lb = 100 calories  
 protein = 12 g  
 fat = 2 g  
 Calcium varies  
 1/4 cup greens  
 one ounce = 5 calories

Compiled from various sources and consistent with NIH Diet Supplement Fact Sheet: Calcium

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