

Nutrition Facts: Mineral Content in Foods (High to Low)

Calcium mg

450	Almond Milk, Almond Breeze Unsweetened Quantity: 1 cup	40	Flour, quinoa Quantity: 1 cup
450	Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup	40	Pumpkin: canned Quantity: 15oz 425g
400	Yogurt, organic plain lowfat Quantity: 1 cup 227g	40	Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
400	Yogurt, organic plain nonfat Quantity: 1 cup 227g	40	Tomato Juice, V8 low sodium Quantity: 1 cup
337	Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g	40	Turkey, ground 93/7 lean Quantity: 4oz
300	Milk, 1% fat organic Quantity: 1 cup 246g	40	Sour Cream, light Quantity: 1oz 28g
300	Milk, fat free Quantity: 1 cup 246g	39	Tomato Juice, V8 Quantity: 1 cup 243g
286	Milk, 2% fat organic Quantity: 1 cup 244g	38	Legumes, lentils, cooked Quantity: 1 cup 198g
284	Buttermilk, low fat cultured Quantity: 1 cup 245g	37	Brussels sprouts Quantity: 3 whole, 88g
221	Swiss Cheese Quantity: 1 slice, 1oz, 28g	37	Turnip, raw Quantity: 1 medium 122g
207	Lettuce, romaine, raw Quantity: 1 head, 626g	37	Papaya, raw Quantity: 1 small 152g
201	Spinach, frozen, organic Quantity: 1 cup	36	Peas green, raw Quantity: 1 cup 145g
200	Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g	35	Sour Cream, fat free Quantity: 1oz 28g
190	Turnip greens, raw Quantity: 2 cups 100g	33	Sage, ground Quantity: 1 Tbsp
150	Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g	33	Squash spaghetti, cooked no salt Quantity: 1 cup 155g
140	Tomatoes, canned diced, no salt added Quantity: 14.5oz can	33	Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
126	Legumes, navy beans, cooked Quantity: 1 cup 182g	32	Cabbage, red, raw, shredded Quantity: 1 cup 70g
121	Broccoli, frozen Green Giant Steamers Quantity: 2 cups	31	Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g
120	Garlic, raw organic Quantity: 6 cloves 18g	31	Kiwi fruit, raw (without skin) Quantity: 1 large 91g
120	Legumes, great northern beans, cooked Quantity: 1 cup 177g	31	Raspberries, raw Quantity: 1 cup 123g
107	Cauliflower, green, raw Quantity: small head 325g	30	Avocado (green), Florida raw Quantity: 1 fruit 304g
100	Spinach, canned, no salt added Quantity: 1/2 cup 115g	30	Pistachio nuts, raw Quantity: 49 nuts 28g
100	Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g	30	Marjoram, dried Quantity: 1 Tbsp 2g
91	Kale greens, raw Quantity: 1 cup chopped 67g	30	Peas, frozen Quantity: 1 cup 134g
88	Sesame seeds, whole, dried Quantity: 1 Tbsp 9g	29	Squash zucchini (summer) Quantity: 1 medium
84	Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g	29	Peas, sugar snap, raw Quantity: 20 pods 68g
83	Parsley, raw Quantity: 1 cup 60g	28	Pomegranate, raw Quantity: 4" 282g
80	Thyme, ground Quantity: 1 Tbsp	28	Walnuts, raw unsalted Quantity: 5 whole 28g
80	Almonds, raw whole Quantity: 24 nuts 28g	28	Oregano, dried Quantity: 1 tsp
80	Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g	27	Black Pepper Quantity: 1 Tbsp 6g
80	Spinach, baby raw Quantity: 2 cups 85g	27	Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
78	Cinnamon, ground Quantity: 1 Tbsp	27	Almonds, raw whole Quantity: 8 nuts 9g
74	Bok Choy, raw, shredded Quantity: 1 cup 70g	26	Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp
72	Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g	26	Beets, canned slices Quantity: 1 cup 170g
69	Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g	25	Onion, yellow, raw Quantity: 1 medium
69	Fennel Seed Quantity: 1 Tbsp	25	Olives, ripe canned Quantity: 7 large 28g
60	Orange, navel Quantity: 1 medium	24	Asparagus, spears Quantity: 6, 7"spears 100g
60	Cumin, seed Quantity: 1 Tbsp	24	Macadamia nuts, raw Quantity: 12 nuts 28g
60	Flour, almond Quantity: 1/4 cup 20g	24	Strawberries, raw organic Quantity: 8 medium 147g
60	Garlic, raw organic Quantity: 3 cloves 9g	22	Figs, raw Quantity: 1 large 64g
60	Turkey Sausage, lean, sweet Quantity: 1 link 91g	22	Lime, raw Quantity: 1 small 67g
59	Parsnip, cooked Quantity: 1 (9"long) 160g	22	Cauliflower, white, raw Quantity: 1 cup 100g
58	Cauliflower, white, raw Quantity: 1 small, 265g	22	Parsley Quantity: 1 Tbsp 2g
57	Mustard Seed, yellow Quantity: 1 Tbsp 11g	22	Cilantro Quantity: 1 Tbsp 2g
57	Strawberries, raw organic Quantity: 1 pint 357g	22	Sunflower seeds: whole, dried Quantity: 1oz 28g
54	Tarragon, ground Quantity: 1 Tbsp 5g	22	Pineapple, raw Quantity: 1 cup chunks 165g
54	Dill weed, dried Quantity: 1 Tbsp	21	Cauliflower, green, raw Quantity: 1 cup 64g
53	Legumes, black beans, canned Quantity: 1/2 cup 130g	21	Chili powder, ground Quantity: 1 Tbsp
53	Leeks, raw Quantity: 1 leek 89g	21	Mango, raw Quantity: 1 fruit 207g
52	Turnip, cooked Quantity: 1 cup cubes 156g	21	Turkey, ground breast 99% lean Quantity: 4oz
50	Cucumber, raw with peel Quantity: 8" whole 301g	20	Carrot, raw Quantity: 1 medium 61g
50	Legumes, red kidney beans, cooked Quantity: 1 cup 177g	20	Chicken, breast tenderloins boneless skinless Quantity: 112g
49	Flour, buckwheat Quantity: 1 cup 120g	20	Dates, Medjool, California Quantity: 2 dates 46g
48	Parsnip, raw Quantity: 1 cup slices, 133g	20	Eggs, organic Quantity: 1 large
47	Flour, barley Quantity: 1 cup 148g	20	Garlic, raw organic Quantity: 1 clove 3g
46	Legumes, black beans, cooked Quantity: 1 cup 172g	20	Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
45	Brazil Nuts, raw Quantity: 6 nuts 28g	20	Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
45	Caraway seed Quantity: 1 Tbsp 6g	20	Oat Bran, organic Quantity: 1/4 cup 40g
44	Blackberries, frozen Quantity: 1 cup 151g	20	Orange, Cara Cara Quantity: 1 medium 154g
44	Jicama (yambean), raw Quantity: 1 small 365g	20	Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
43	Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g	20	Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
43	Almond Butter Quantity: 1 Tbsp	20	Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
43	Broccoli, raw chopped Quantity: 1 cup 91g	20	Watermelon, raw Quantity: 1 wedge, 1/16 melon
42	Basil, dried leaves Quantity: 1 Tbsp 2g	20	Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g
42	Cloves, ground Quantity: 1 Tbsp	20	Pecans, raw unsalted Quantity: 19 halves 28g
42	Rosemary, dried Quantity: 1 Tbsp 3g	19	Spelt, cooked Quantity: 1 cup
41	Green beans, raw Quantity: 20 beans 1 cup 110g	19	Beef, ground round 85% lean (cooked) Quantity: 3oz 85g
40	Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g	18	Lettuce, romaine hearts organic Quantity: 2 leaves 3oz
40	Allspice Quantity: 1 Tbsp 5g	18	Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g
40	Cabbage, red, raw, chopped Quantity: 1 cup 89g	18	Yeast, regular Quantity: 1oz 28g
40	Celery, organic Quantity: medium stalk 40g	18	Avocado (black), California raw Quantity: 1 fruit 201g

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17	Flour, brown rice Quantity: 1 cup 158g
16	Pepper, sweet green raw Quantity: 1 large 164g
16	Ginger, ground Quantity: 1 Tbsp 5g
16	Onion, yellow, raw Quantity: 1 small
16	Beets, cooked Quantity: 2 beets 100g
16	Pear, raw Quantity: 1 medium 178g
16	Mushrooms, brown, whole Quantity: 1 cup 87g
16	Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g
15	Avocado (green), Florida raw Quantity: 1/2 fruit 152g
15	Lemon, raw Quantity: 1 small 58g
15	Orange Juice, raw Quantity: 1/2 cup 4oz
15	Bay Leaf Quantity: 1 Tbsp
15	Olives, green canned Quantity: 14 whole 28g
14	Jicama (yambean), raw Quantity: 1 cup slices 120g
14	Plums, dried Sun-maid Quantity: 3 pitted 28g
14	Cantaloupe, raw organic Quantity: 1/4 medium 138g
14	Tilapia, cooked dry heat Quantity: 4oz 100g
14	Pomegranate Juice, unsweetened Quantity: 1/2 cup 125g
14	Bean Sprouts, mung Quantity: 1 cup 104g
13	Butter, unsalted Quantity: 2 Tbsp 28g
13	Raisins Quantity: 50 whole 26g
13	Nutmeg, ground Quantity: 1 Tbsp
13	Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g
12	Blueberries, unsweetened frozen Quantity: 1 cup 155g
12	Turmeric, ground Quantity: 1 Tbsp
12	Tomato, raw Quantity: 1 medium 123g
12	Prunes, raw Quantity: 3 whole 28g
12	Bison Burger (cooked) Quantity: 3oz 85g
12	Pepper, sweet red raw Quantity: 1 large 164g
11	Apple, raw organic Quantity: 1 medium
11	Bean Sprouts, alfalfa Quantity: 1 cup 33g
10	Cashews, raw whole Quantity: 1oz 28g
10	Pasta, Spinach (cooked) Quantity: 2oz 56g
10	Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
10	Dates, Medjool, California Quantity: 1 date 23g
10	Paprika Quantity: 1 Tbsp 7g
10	Pepper, sweet yellow or orange raw Quantity: 1 large 186g
10	Tomato cherry, raw Quantity: 5 whole 1 cup
10	Applesauce, unsweetened Quantity: 1 cup 244g
10	Dates, Deglet Noor Sun-maid Quantity: 2 dates pitted 14g
9	Tuna, pouch in water, chunk light low sodium Quantity: 3 oz 85g
9	Cherries, sweet, raw Quantity: 9 whole 70g
9	Peach, raw Quantity: 1 medium 150g
9	Apple, raw organic Quantity: 1 small 149g
9	Blueberries, raw organic Quantity: 1 cup 148g
9	Avocado (black), California raw Quantity: 1/2 fruit 100g
9	Nectarine, raw Quantity: 1 medium 142g
8	Cranberries, raw Quantity: 1 cup 100g
8	Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
8	Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g
8	Honeydew melon, raw Quantity: 1/8 of 5"melon
7	Onion, green raw Quantity: 1 stalk 12g
7	Coffee, instant 47mg caffeine Quantity: 3/4 cup 179g
7	Corn, yellow frozen, microwaved Quantity: 1 cup 141g
7	Butter, unsalted Quantity: 1 Tbsp 7g
7	Cocoa, Hershey's unsweetened Quantity: 1 Tbsp
6	Banana, whole Quantity: 1 medium 118g
6	Eggplant, cooked, boiled, drained, without salt Quantity: 1 cup 99g
5	Banana, whole Quantity: 1 small 101g
5	Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
5	Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7g
5	Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed
4	Ginger root, raw Quantity: 1/4 cup sliced 24g
3	Corn, sweet, yellow cooked Quantity: medium ear 103g
3	Lemon grass (citronella), raw Quantity: 1 Tbsp 5g
2	Apple Butter, no sugar added, organic Quantity: 1 Tbsp 17g
2	Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
2	Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2g
2	Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2g
2	Ginger root, raw Quantity: 5 slices (1"diam) 11g
2	Peach, frozen slices organic Quantity: 3/4 cup 140g

1 Tea, Rooibos organic 0mg caffeine Quantity: 1 bag 2g