

Calcium

The recommended nutrient intake (RNI) for calcium is 700-800mg a day.

Sources of Calcium

Beetroot

Berries: Goji berries

Brown rice

Dairy products: Milk (Whole milk - 115mg nutrient intake of calcium per 100ml) / yoghurt / cheddar cheese (720mg nutrient intake of calcium per 100g)

Dark green leafy greens: Broccoli / purple sprouting broccoli / watercress (170 (?) or 120 (?)mg nutrient intake of calcium per 100g) / spinach / seaweed / parsley / kale / cabbage

Dried fruit: Figs (250mg nutrient intake of calcium per 100g) / prunes

Eggs

Fish: (fish with bones [also contains vitamin D]): Whitebait / canned sardines (550mg nutrient intake of calcium per 100g) / sprats / canned salmon / trout / mackerel

Grains / Pulses / Beans (see also Nuts below): Amaranth / millet / Kidney beans / black-eyed beans / chickpeas

Hard water

Herbs: Stinging nettles (nettle tea)

Honey

Non-dairy milks: Rice / oat / almond / (NOT soya!!)

Nuts: Almonds (240mg nutrient intake of calcium per 100g) / pistachios / brazil (170mg nutrient intake of calcium per 100g)

Okra

Oats

Quinoa

Seeds: Sesame seeds (670mg nutrient intake of calcium per 100g) / poppy seeds / flaxseeds (linseeds) / pumpkin seeds / sunflower seeds

Tahini (sesame seed paste)

What the Bible Says About Healthy Living: Calcium

By Rex Russell, M.D.

Bran

“**Phytic acid** is found in the bran of grains and beans. It combines with calcium and other minerals, and **sees that our bodies receive the correct amount of calcium**. If grains were balanced with much more bran than already present, we could develop calcium deficiency” [pp. 107-108].

Salt and Seaweed

“**Sea water (and therefore seaweed) contains many important minerals such as calcium, magnesium, potassium and manganese**. The concentration of these elements in sea water is in similar proportions to that found in the human body. Sea salt is therefore perfectly designed for our use.”

BUT:

“note that only “a few brands [of sea salt] retain all of the nutrients” [pp. 204-205].

‘**Good Salts**’:

Celtic (French) Unwashed Sea Salt (Grey).

Himalayan Crystal Salt (Pink).

Coca-Cola

“Colas [coca-cola / pepsi] ... have ... additives such as **phosphorous, which decreases the absorption of needed calcium** [also magnesium and manganese] and diminishes some nerve function. It also causes the kidneys to excrete excessive calcium, which affects bones” [p. 228].