

Calcium in Vegetables and Vegetable Products

Food	Serving	Calcium (mg)*
Artichokes, boiled	1 artichoke	54
Artichokes, raw	1 artichoke	56
Beans, snap, green, boiled	1 cup	55
Beet greens, boiled	1 cup	164
Bok choy, boiled	1 cup, shredded	158
Bok choy, raw	1 cup, shredded	74
Broccoli, boiled	1 stalk	112
Carrot juice, canned	1 cup	57
Chard, swiss, boiled	1 cup, chopped	102
Collards, boiled	1 cup, chopped	266
Collards, raw	1 cup, chopped	52
Dandelion greens, boiled	1 cup, chopped	147
Dandelion greens, raw	1 cup, chopped	103
Kale, boiled	1 cup, chopped	94

Kale, raw	1 cup, chopped	90
Kale, scotch, boiled	1 cup, chopped	172
Kale, scotch, raw	1 cup, chopped	137
Mustard greens, boiled	1 cup, chopped	104
Mustard greens, raw	1 cup, chopped	58
Mustard spinach, (tendergreen), boiled	1 cup, chopped	284
New Zealand spinach, boiled	1 cup, chopped	86
Okra, boiled	½ cup, slices	62
Okra, raw	1 cup	81
Onions, sweet, raw	1 onion	66
Peas, edible-podded, boiled	1 cup	67
Pickles, cucumber, sweet	1 cup, slices	93
Pumpkin, canned, without salt	1 cup	63
Rutabagas, boiled	½ cup, mashed	58
Rutabagas, boiled	1 cup, cubes	82
Rutabagas, raw	1 cup, cubes	66

Scallions (includes tops and bulb), raw	1 cup, chopped	72
Soybeans, green, boiled	1 cup	261
Soybeans, green, raw	1 cup	504
Soybeans, mature seeds, sprouted, cooked, steamed	1 cup	55
Spinach, canned	1 cup	194
Spinach, boiled	1 cup	245
Sweet potato baked w/skin	1 cup	76
Sweet potato, cooked, boiled, without skin	1 cup, mashed	89
Sweet potato, cooked, boiled, without skin, with salt	1 cup, mashed	89
Tomato products, canned, paste, without salt added	1 cup	94
Tomatoes, red, ripe, canned, stewed	1 cup	87
Turnip greens, canned, no salt added	1 cup	170
Turnip greens, raw	1 cup, chopped	105
Wasabi, root, raw	1 cup, sliced	166