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## **CALCIUM & PHOSPHORUS CONTENT OF SELECTED FOODS <sup>1</sup>**

The following charts show the total amount of calcium and phosphorus in 1 cup portions of selected foods. One needs to look not only at the total milligram (mg) amount of calcium but also at the calcium-phosphorus ratio. This ratio should be close to 1:0.5 for the best calcium absorption. The higher the phosphorus amount is compared to the calcium, the poorer the absorption of calcium is in the body.

If you are feeding a pet that needs a good calcium source (such as iguanas and other herbivorous lizards), feed at least 75% of the diet selected from the good calcium sources table. Feed small amounts of the moderate and poor calcium sources groups.

If you are instructed to feed your pet a diet that is low in calcium, then concentrate on foods in the poor and moderate calcium sources groups, or choose those in the high calcium sources group that have a low mg amount of calcium. Consult your veterinarian for amounts, because some of these foods may be high in calories, if your pet is also on a restricted calorie diet.

**Foods marked with an asterisk (\*) SHOULD BE AVOIDED IN ANIMALS WITH KIDNEY DISEASE due to their high phosphorus content.**

<sup>1</sup> Calcium and phosphorous values for this handout were adapted from information contained in Bowes and Church's Food Values of Portions Commonly Used, revised by Jean A.T. Pennington, Ph.D., R.D. 15<sup>th</sup> Edition. Published by Harper Perennial, 1989. Pages 94-102 and 190-211.

## GOOD CALCIUM SOURCES

<u>1 cup portion</u>	<u>Calcium</u>	<u>Phosphorus</u>	<u>Ca:Phos Ratio</u>
Turnip Greens	106 mg	24 mg	1:0.2
Chinese Cabbage	74 mg	26 mg	1:0.4
Mustard Greens	104 mg	58 mg	1:0.3
Leeks	60 mg	36 mg	1:0.6
Watercress	40 mg	20 mg	1:0.5
Chard	102 mg	58 mg	1:0.5
Collards (cooked)	148 mg	19 mg	1:0.1
Kale	98 mg	36 mg	1:0.4
Dandelion Greens	104 mg	36 mg	1:0.3
Endive	23 mg	14 mg	1:0.6
Beet Greens	164 mg	58 mg	1:0.4
Dark Green Leaf Lettuce	28 mg	14 mg	1:0.5
Parsley	78 mg	24 mg	1:0.3
Spinach	56 mg	28 mg	1:0.5
Yellow Wax Beans	174 mg	34 mg	1:0.2
Blackberries	46 mg	30 mg	1:0.6
Papaya	72 mg	16 mg	1:0.2

## MODERATE CALCIUM SOURCES

<u>1 cup portion</u>	<u>Calcium</u>	<u>Phosphorus</u>	<u>Ca:Phos Ratio</u>
Cabbage (inside white leaves)	46 mg	34 mg	1:0.7
Strawberries	42 mg	56 mg	1:1.3
Turnips	36 mg	30 mg	1:0.8
Okra	100 mg	90 mg	1:0.9
Raspberries	27 mg	15 mg	1:0.5
Green Beans	58 mg	48 mg	1:0.8
Guavas	18 mg	23 mg	1:1.3
Apples	10 mg	10 mg	1:1.0
Pears	15 mg	18 mg	1:1.2
Mango	21 mg	22 mg	1:1.0
Radish	24 mg	20 mg	1:0.8
Eggplant	30 mg	26 mg	1:0.8
Romaine Lettuce	20 mg	26 mg	1:1.3

## POOR CALCIUM SOURCES

<u>1 cup portion</u>	<u>Calcium</u>	<u>Phosphorus</u>	<u>Ca:Phos Ratio</u>
Parsnips	58 mg	108 mg	1:1.9*
Rutabaga	72 mg	84 mg	1:1.2
Blueberries	18 mg	30 mg	1:1.6
Squash (summer, all varieties)	26 mg	46 mg	1:1.8*
Zucchini	20 mg	42 mg	1:2.1*
Carrots	28 mg	64 mg	1:2.3*
Cantaloupe	17 mg	27 mg	1:0.9
Yams	18 mg	66 mg	1:3.6*
Apricots	15 mg	21 mg	1:1.4
Plums	4 mg	14 mg	1:3.5*
Beets	18 mg	26 mg	1:1.4
Cherries (pitted)	10 mg	13 mg	1:1.3
Cauliflower	28 mg	46 mg	1:1.6
Grapes	13 mg	9 mg	1:0.7
Peaches	5 mg	11 mg	1:2.2*
Cucumber	14 mg	18 mg	1:1.3
Pumpkin	36 mg	74 mg	1:2.1*
Sweet Potato	64 mg	124 mg	1:1.9*
Lettuce (head, iceberg)	16 mg	16 mg	1:1.0
Asparagus	44 mg	108 mg	1:2.5*
Tomato	16 mg	58 mg	1:3.6*
Pineapple	11 mg	11 mg	1:1.1
Bananas	7 mg	22 mg	1:3.1*
Peas (any kind)	38 mg	168 mg	1:4.4*
Brussels Sprouts	56 mg	88 mg	1:1.6
Mushrooms	4 mg	72 mg	1:1.8*
Corn	10 mg	120 mg	1:1.2*
Alfalfa Sprouts	20 mg	46 mg	1:2.3*
Beets	26 mg	42 mg	1:1.6
Kidney Beans	100 mg	504 mg	1:5.0*
Lima Beans	64 mg	416 mg	1:6.5*
Bean Sprouts	14 mg	56 mg	1:4.0*
White Potato	16 mg	104 mg	1:6.5*
Green Peppers	6 mg	22 mg	1:3.6*

## MEAT

<b><u>1 cup portion</u></b>	<b><u>Calcium</u></b>	<b><u>Phosphorus</u></b>	<b><u>Ca:Phos Ratio</u></b>
Pinkie Mice	1.6 %	1.8 %	1:1.1
Earthworms	.95 %	.95 %	1:1
Crickets	.16 %	.87 %	1:5.4
Crickets (Fortified)*	.77 %	.88 %	1:1.1
Mealworms	.038 %	.57 %	1:15
Canned Dog Food**	.3 %	.2 %	1:0.6

\* Fortified crickets refers to crickets that are fed a high calcium diet prior to using them for prey

\*\* Canned dog food has the best Calcium:Phosphorus ratio

Prey items listed above should be dusted with a balanced vitamin-mineral supplement prior to feeding them to your pet