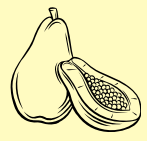


31 FRUITS HIGH IN CALCIUM

TROPICAL FRUITS



Mango, 1 cup	18 mg
Pineapple, 1 cup	21 mg
Passion fruit, 1 cup	28 mg
Guava, 1 cup	30 mg
Papaya, 1 cup	33 mg
Figs (raw), 3 figs	53 mg
Prickly pear, 1 cup	83 mg

CITRUS FRUITS



Lemon, 1 fruit	17 mg
Lime, 1 fruit	21 mg
Clementine, 1 fruit	31 mg
Grapefruit, 1 cup	40 mg
Tangerine, 1 fruit	40 mg
Oranges, 1 fruit	65 mg

BERRIES



Cranberries (raw), 1 cup	8 mg
Blueberries, 1 cup	9 mg
Persimmon (raw), 1 fruit	14 mg
Pomegranate, 1 cup	18 mg
Strawberries, 1 cup	18 mg
Raspberries, 1 cup	38 mg
Blackberries, 1 cup	44 mg
Mulberries, 1 cup	55 mg
Blackcurrants, 1 cup	62 mg
Kiwi, 1 cup	63 mg

STONE FRUIT



Dates, 3 dates	9 mg
Prunes, 1 cup	69 mg
Apricots (dried), 1 cup	88 mg

MELON



Honeydew melon, 1 cup	9 mg
Watermelon, 1 cup	11 mg
Cantaloupe, 1 cup	14 mg

MISC.



Kumquat, 1 fruit	12 mg
Roselle, 1 cup	123 mg