



# FOR PET'S SAKE

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## CALCIUM CONTENT OF COMMON FOODS

<b>One Pound Portion</b>	<b>Calcium (mg)</b>	<b>Phosphorus (mg)</b>	<b>Ratio</b>
<b>GOOD:</b>			
Rep-Cal Supplement (CaCO <sub>3</sub> )	163,444	1	163,444
Mustard Greens	626	145	4.3
Turnip Greens	1,116	263	4.2
Beet Greens	449	113	4.0
Dandelion Greens	635	191	3.3
Parsley	921	286	3.2
Collard Greens	1,134	372	3.0
Swiss Chard	331	109	3.0
Spinach	422	231	1.8
Cabbage	222	132	1.7

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### **DEFICIENT\*:**

Cheddar Cheese	3,402	2,168	1.6
Reptivite Supplement (CaPO <sub>4</sub> )	96,000	64,000	1.5
Celery	177	127	1.4
Lettuce	159	118	1.3
Broccoli	467	354	1.3
Maintenance Dog Food	3504	3109	1.1
Carrot	168	163	1.0
Tofu	154	151	1.0
Strawberries	95	95	1.0
Squash, Yellow	127	132	1.0
Squash, Zucchini	127	132	1.0
Grapes	19	32	0.6
Tomatoes	52	108	0.5
Cauliflower	113	254	0.4
Asparagus	95	227	0.4
Banana	36	118	0.3
Peas, Green	118	526	0.2
Corn	14	331	0.0

\*These items are for illustrative and comparative purposes only. They are NOT recommended foods for iguanas.