

CALCIUM FOODS



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Broccoli



Bok Choy



Collards



Spinach



Green Beans



Artichokes



Okra



Brussels Sprouts



Swiss Chard



Asparagus



Mulberry



Coconut Meat



Onions



Prickly Pears



Almonds



Butternut Squash



Cabbage



Avocados



Fennel



Brazil Nuts



Celery



Leeks



Pumpkin Seeds

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