

CALCIUM per 100 grams – Vegetables

210 mg -- Spinach, Mustard
190 mg -- Turnip Greens
187 mg -- Dandelion Greens
138 mg -- Parsley
135 mg -- Kale
120 mg -- Watercress
119 mg -- Beetroot Leaves
105 mg -- Chinese Cabbage (pak-choi)
103 mg -- Mustard Greens
100 mg -- Chicory Greens
99 mg -- Spinach
81 mg -- Okra
68 mg -- Lettuce, LooseLeaf
67 mg -- Coriander
52 mg -- Endive
51 mg -- Swiss Chard
48 mg -- Broccoli
47 mg -- Cabbage
42 mg -- Brussels Sprouts
40 mg -- Celery
37 mg -- Sweet Potato Leaves
37 mg -- Green Beans
36 mg -- Cos Lettuce
36 mg -- Parsnips
32 mg -- Lettuce, Butterhead
32 mg -- Alfalfa Sprouts
31 mg -- Squash
30 mg -- Turnip
27 mg -- Carrots
23 mg -- Carrots, Baby
22 mg -- Sweet Potato
22 mg -- Cauliflower
21 mg -- Asparagus
21 mg -- Pumpkin
16 mg -- Beetroot
14 mg -- Cucumber (with skin)
9 mg -- Red Capsicum
9 mg -- Green Capsicum
5 mg -- Tomato
2 mg -- Corn

CALCIUM per 100 grams -- Fruits

49 mg -- Raisins, Seedless
40 mg -- Orange
33 mg -- Lime
32 mg -- Blackberries
26 mg -- Kiwi
26 mg -- Lemon (no peel)
24 mg -- Papaya
22 mg -- Raspberries
15 mg -- Cherries, Sweet
14 mg -- Strawberries
14 mg -- Tangerine
14 mg -- Apricots
12 mg -- Grapefruit, White
11 mg -- Grapefruit, Pink and Red
11 mg -- Pear
11 mg -- Cantaloupe
11 mg -- Grapes
10 mg -- Mango
8 mg -- Watermelon
7 mg -- Pineapple
7 mg -- Apple (with Skin)
7 mg -- Cranberries
6 mg -- Banana
6 mg -- Honeydew Melon
6 mg -- Blueberries
5 mg -- Casaba Melon
5 mg -- Nectarine
5 mg -- Peach
4 mg -- Plum

Chart from Guinea Lynx (Online)