

Wherever possible, the following data was collected from the USDA. The data for items (such as acorns, raw sweet potato, raw pumpkin, etc.) not listed by the USDA are marked with an asterisk (\*), and data was collected from Bitelog.com. All foods, unless otherwise indicated, are listed in their raw form, and all calculations are based on milligrams per one hundred grams. Prepared by Jack D. Gill.

## Fruits and Vegetables

| The Good                                         |                 |          | The Fair           |                 |         | Getting Risky                     |                 |          |
|--------------------------------------------------|-----------------|----------|--------------------|-----------------|---------|-----------------------------------|-----------------|----------|
| Food                                             | Ca:Phos Mg/100g | Ca:Phos  | Food               | Ca:Phos Mg/100g | Ca:Phos | Food                              | Ca:Phos Mg/100g | Ca:Phos  |
| Collard Greens                                   | 145:10          | 14.5:1.0 | Beans, Green       | 37:38           | 1.0:1.0 | Persimmon                         | 8:17            | 1.0:2.1  |
| Papaya                                           | 24:5            | 4.8:1.0  | Kiwi               | 34:34           | 1.0:1.0 | Pumpkin*                          | 21:44           | 1.0:2.1  |
| Turnip Greens*                                   | 190:42          | 4.5:1.0  | Carrots            | 33:35           | 1.0:1.1 | Asparagus                         | 24:52           | 1.0:2.2  |
| Kumquat                                          | 62:19           | 3.3:1.0  | Lettuce, Iceberg   | 18:20           | 1.0:1.1 | Guava                             | 18:40           | 1.0:2.2  |
| Aragula                                          | 160:52          | 3.1:1.0  | Mango              | 10:11           | 1.0:1.1 | Tomatoes, Green                   | 13:28           | 1.0:2.2  |
| Beet Greens                                      | 117:41          | 2.9:1.0  | Pear               | 9:11            | 1.0:1.2 | Pepper, Banana                    | 14:32           | 1.0:2.3  |
| Orange                                           | 40:14           | 2.9:1.0  | Peas, Snow/Sugar   | 43:53           | 1.0:1.2 | Tomatoes                          | 10:24           | 1.0:2.4  |
| Dandelion Grns                                   | 187:66          | 2.8:1.0  | Raspberries        | 25:29           | 1.0:1.2 | Beets                             | 16:40           | 1.0:2.5  |
| Cabbage, Chin.                                   | 105:37          | 2.8:1.0  | Rutabaga           | 47:58           | 1.0:1.2 | Squash, Summer (yellow, zucchini) | 15:38           | 1.0:2.5  |
| Mustard Greens                                   | 103:43          | 2.4:1.0  | Onions, Mature     | 23:29           | 1.0:1.3 | Plums                             | 6:16            | 1.0:2.7  |
| Kale*                                            | 135:56          | 2.4:1.0  | Radishes           | 25:20           | 1.0:1.3 | Pomegranite                       | 3:8             | 1.0:2.7  |
| Parsley                                          | 138:58          | 2.4:1.0  | Broccoli           | 47:66           | 1.0:1.4 | Eggplant                          | 9:25            | 1.0:2.8  |
| Spinach                                          | 99:49           | 2.0:1.0  | Cabbage, Green     | 40:26           | 1.0:1.5 | Peaches                           | 6:20            | 1.0:3.3  |
| Watercress                                       | 120:60          | 2.0:1.0  | Cucumber           | 14:21           | 1.0:1.5 | Pepper, Red Swt.                  | 7:26            | 1.0:3.7  |
|                                                  |                 |          | Strawberries       | 16:24           | 1.0:1.5 | Avocado                           | 12:52           | 1.0:4.3  |
| Onions, Green                                    | 72:37           | 1.9:1.0  | Brussel Sprouts    | 42:69           | 1.0:1.6 | Peas, Green                       | 25:108          | 1.0:4.3  |
| Tangerine                                        | 37:20           | 1.9:1.0  | Cherries, Bing     | 13:21           | 1.0:1.6 | Banana                            | 5:22            | 1.0:4.4  |
| Endive/Romaine                                   | 62:35           | 1.8:1.0  | Cranberries        | 8:13            | 1.0:1.6 | Potato                            | 12:57           | 1.0:4.8  |
| Lettuce, Romaine                                 | 62:35           | 1.8:1.0  | Potato, Sweet*     | 30:47           | 1.0:1.6 | Artichoke                         | 14:78           | 1.0:5.6  |
| Celery                                           | 40:24           | 1.7:1.0  | Watermelon         | 7:11            | 1.0:1.6 | Passion Fruit                     | 12:68           | 1.0:5.7  |
| Leeks                                            | 59:35           | 1.7:1.0  | Cantaloupe         | 9:15            | 1.0:1.7 |                                   |                 |          |
| Pineapple                                        | 13:8            | 1.6:1.0  | Apple              | 6:11            | 1.0:1.8 | The Evil                          |                 |          |
| Cabbage, Red                                     | 45:30           | 1.5:1.0  | Apricots           | 13:23           | 1.0:1.8 | Corn, Dried Yellow*               | 25:344          | 1.0:13.8 |
| Grapefruit                                       | 12:8            | 1.5:1.0  | Honeydew           | 6:11            | 1.0:1.8 | Mushrooms                         | 3:86            | 1.0:28.7 |
| Cilantro/Coriander                               | 67:48           | 1.4:1.0  | Kohlrabi           | 24:46           | 1.0:1.9 | Corn, Raw*                        | 2:89            | 1.0:44.5 |
| Blackberries                                     | 29:22           | 1.3:1.0  | Blueberries        | 6:12            | 1.0:2.0 |                                   |                 |          |
| Okra*                                            | 81:63           | 1.3:1.0  | Cauliflower        | 22:44           | 1.0:2.0 |                                   |                 |          |
| Lettuce, Green Lf*                               | 36:29           | 1.2:1.0  | Grapes             | 10:20           | 1.0:2.0 |                                   |                 |          |
| Squash, Winter (pmpkin, acrn, buttrnut, Hubbard) | 28:23           | 1.2:1.0  | Parsnips*          | 36:71           | 1.0:2.0 |                                   |                 |          |
| Chard                                            | 51:46           | 1.1:1.0  | Pepper, Green Swt. | 10:20           | 1.0:2.0 |                                   |                 |          |
| Cherries, Red                                    | 16:15           | 1.1:1.0  |                    |                 |         |                                   |                 |          |
| Lettuce, Bibb                                    | 35:33           | 1.1:1.0  |                    |                 |         |                                   |                 |          |
| Turnips                                          | 30:27           | 1.1:1.0  |                    |                 |         | Huckleberry                       | No data         |          |

## Nuts and Seeds

| Food                 | Ca:Phos Mg/100g | Ca:Phos | Food                 | Ca:Phos | Food                  | Ca:Phos |
|----------------------|-----------------|---------|----------------------|---------|-----------------------|---------|
| <b>The Good</b>      |                 |         | <b>Getting Risky</b> |         | <b>The Poor/Evil</b>  |         |
| Sesame seed, whole   | 975:629         | 1.6:1.0 | Chestnut, roasted    | 29:107  | Cashews               | 43:531  |
| <b>The Tolerable</b> |                 |         | Peanuts, roasted     | 88:517  | Sunflower Sd (roast)  | 87:1139 |
| Almonds, roasted     | 291:466         | 1.0:1.6 | Sesame Seed, toastd  | 31:774  | Pumpkin Seed (unr)    | 43:1174 |
| Hazelnut             | 114:190         | 1.0:1.7 | Peanut Butter        | 43:358  | Pumpkin Seed, roast   | 43:1172 |
| Almonds, unroast     | 264:484         | 1.0:1.8 | Sunflower Seed (unr) | 78:660  | Pine Nut              | 16:575  |
| Acorn, Raw*          | 41:79           | 1.0:1.9 |                      |         |                       |         |
| Acorn, Dried*        | 54:103          | 1.0:1.9 |                      |         |                       |         |
| Macademia            | 70:198          | 1.0:2.8 |                      |         | Hickory Nut (no data) |         |
| Walnut               | 98:346          | 1.0:3.5 |                      |         |                       |         |
| Pecan                | 70:277          | 1.0:4.0 |                      |         |                       |         |
| Brazil Nut           | 160:725         | 1.0:4.5 |                      |         |                       |         |
|                      |                 |         |                      |         |                       |         |
|                      |                 |         |                      |         |                       |         |