

12 Calcium Rich Foods

1. Kiwi (Chinese Gooseberry)

When it comes to maintaining health, all experts recommend eating fruits. Kiwi fruit is full of taste as well as properties, about which you need to know. Kiwi Fruit contains extremely high degrees of ascorbic acid which increases the bio availability of iron and can effect on calcium absorption.

Kiwi fruit is brown from outside and green in color from inside. It contains approx 34mg calcium per 100 gram. This fruit is easily available in the market.

Kiwi fruit is also beneficial during pregnancy due to the folate present in it. Not only this, but regular consumption of kiwi for diabetic patients reduces the amount of glucose in the blood and maintains the average.

2. Almonds

Everyone is aware of how healthy almonds are good for the body. It is worth knowing that a good amount of calcium can also be taken from almonds.

You can easily eat almonds by mixing it with fruits. Many vitamins and minerals are found in almonds. It is an excellent source of vitamin E, zinc, calcium, magnesium and omega 3 fatty acids. It is considered good to soak almonds overnight to get the full benefits of all these nutrients.

Eating almonds is also beneficial for heart health.

3. Tofu

Almost everyone is familiar with Paneer, but probably few people will know about 'Tofu' which looks like paneer. It is mostly used by vegans. Tofu is considered a good source of nutritious elements, due to which the benefits of eating tofu can be many.

Tofu is made from fat-free soybean milk and looks similar to cottage cheese. The laborious process of making tofu makes it rich in nutrients and proteins and it helps in fighting diseases like cancer effectively.

Tofu is also considered a rich source of calcium but it contains less calcium than Paneer. Tofu also balances the level of calcium and protein in your body.

4. Figs

This small pear-shaped fruit has no characteristic strong aroma of its own, but is juicy and pulpy. It can be pale yellow, deep golden or deep purple in colour. The whole skin along with the seeds and pulp can be eaten.

Due to the presence of potassium in figs, it not only controls the level of blood sugar but also beneficial for pregnant women.

5. Rhubarb

Rhubarb is renowned for its sour taste and thick stalks, which are usually cooked with sugar. This vegetable requires cold winters to grow. As a result, it's mainly found in mountainous and temperate regions around the world, especially in Northeast Asia. It's also a common garden plant in North America and Northern Europe.

Rhubarb is among the richest dietary sources of calcium oxalate, the most common form of oxalic acid in plants.

6. Sesame Milk

Consumption of Sesame during cold days is said to be beneficial for health. Sesame seeds contain vitamin B6, minerals, calcium, magnesium, phosphorus, copper, zinc, fiber and tryptophan.

Many medicinal properties have been told in Ayurveda, from which many diseases can be treated. Sesame contains more calcium than milk. Where there is 125 mg calcium in 100 grams of milk, its quantity is 975 ml in 100 grams of sesame.

Many diseases are cured by regular consumption of sesame seeds includes hypertension, diabetes and cancer.

7. Broccoli

Broccoli is not a very popular vegetable but it cannot be denied that it is a treasure trove of qualities. It is rich in protein, calcium, carbohydrate, iron, vitamin A, C and many other nutrients.

Broccoli looks very similar to cabbage. If you want, you can use it as a salad, in soup or as a vegetable. Some people also like to cook it with steam. Adequate amount of vitamin C is found in broccoli, which is helpful in boosting immunity.

For pregnant ladies, the elements present in it are not only beneficial for the health and development of the child but also keep the mother away from many types of infections.

8. Oranges

If you do not want to take milk or dairy products, then you can eat oranges. Oranges have a good amount of calcium as compared to other fruits. Elements like Vitamin A, B, Potassium are found in it. The problem of indigestion also goes away by eating oranges.

The calcium present in orange also keeps the gums healthy. Even in bone diseases, doctors recommend eating oranges. Vitamin C present in oranges does not cause weakness in bones.

Note: Orange is a nutrient rich in vitamin C, but consuming too much of it can also cause weight gain.

9. Baked Beans

Baked beans are typically made with small, white navy beans. Other common ingredients are sugar, herbs, and spices. Recipes may also include tomato sauce, vinegar, molasses, and mustard.

Baked beans also provide fiber and compounds called phytosterols that can inhibit cholesterol absorption in your gut. This may reduce high blood cholesterol.

10. Bok Choy

We have seen and tasted many vegetables in the Indian market. But there are very few people who have heard or seen about the vegetable named Bok Choy. This vegetable is also called as Chinese Cabbage.

Bok Choy contains vitamins, iron, protein, glucosinolates, sulfur and anti-oxidant properties. Bok Choy also strengthens the bones due to the presence of calcium, protein, vitamins, phosphorus etc. elements in it. Bok Choy also helps in relieving the problem of inflammation, arthritis and joint pain.

Bok Choy contains sulfur-containing compounds which are anti-cancer and helps in the prevention of prostate cancer, breast cancer as well as cancer of the digestive system.

11. Chia Seeds

Our body needs many different types of nutrients every day. To fulfill this, we consume many different foods throughout the day, which also includes fruits, different vegetables and grains. One of these grains is named Chia Seeds, which can give us many types of health benefits. Being rich in nutrients, it will prove to be very beneficial for us.

Chia seeds are scientifically known as *Salvia hispanica*. These seeds are mainly found in Mexico. These seeds are rich in omega-3 fatty acids, fiber, protein, antioxidants and calcium. This is the reason why chia seeds are classified as superfoods. Its seeds are black, gray and white in color.

12. Chickpeas

One serving of chickpeas provides 223 calories. Protein-rich Chickpeas Chole is very beneficial cultivated since ancient times by the people of Egypt.

Many people have never tried this particular one, but it is added to a variety of different meals, salads, soups and even desserts. Chickpeas contain minerals such as calcium and phosphorus, as well as vitamin K, which is of great importance for bone structure.

The amount of folic acid and antioxidants present in chickpeas also prevents many types of cancer.

Reference - <https://foodhyme.com/12-calcium-rich-foods-you-need-to-know/>
