



Lucky Glider Rescue & Sanctuary
Community Outreach for Sugar Gliders

A 501(c)3 non-profit animal rescue

www.LuckyGlider.org

Calcium to Phosphorus Ratios in Fruits and Vegetables

FRUIT Ca:P Ratios				
100 gram portions	Ca:P Ratio	Ca (mg)	P (mg)	Protein (g)
Apple (with Skin)	1:01	7	7	0.19
Apricots	0.7:1	14	19	1.4
Banana	0.3:1	6	20	1.03
Blackberries	1.5:1	32	21	0.72
Blueberries	0.6:1	6	10	0.67
Cantaloupe*	0.6:1	11	17	0.88
Casaba Melon	0.7:1	5	7	0.9
Cherries, Sweet	0.8:1	15	19	1.2
Cranberries	0.8:1	7	9	0.39
Grapefruit, Pink and Red	1.2:1	11	9	0.55
Grapefruit, White	1.5:1	12	8	0.69
Honeydew Melon	0.6:1	6	10	0.46
Kiwi	0.65:1	26	40	0.99
Lemon (no peel)	1.6:1	26	16	1.1
Lime	1.8:1	33	18	0.7
Mango	0.9:1	10	11	0.51
Nectarine	0.3:1	5	16	0.94
Orange	2.9:1	40	14	0.94
Papaya	4.8:1	24	5	0.61
Peach	0.4:1	5	12	0.7
Pear	1:01	11	11	0.39
Persimmon, Japanese	0.5:1	8	17	0.58
Pineapple	1:01	7	7	0.39
Plum	0.4:1	4	10	0.79
Raspberries	1.8:1	22	12	0.91
Strawberries	0.7:1	14	19	0.61
Tangerine	1.2:1	14	12	0.63
Watermelon	0.9:1	8	9	0.62

List of Calcium in Fruits & Vegetables

SOURCE www.guinealynx.info/diet_order-cal.html

VEGETABLES - CALCIUM per 100 grams	VEGETABLES - CALCIUM per 100 grams	FRUITS - CALCIUM per 100 grams
309 mg -- Lambs quarters	42 mg -- Brussels Sprouts	10 mg -- Mango
210 mg -- Spinach, Mustard	40 mg -- Celery	11 mg -- Cantaloupe*
208 mg -- Dill Weed	37 mg -- Sweet Potato Leaves	11 mg -- Grapefruit, Pink and Red
190 mg -- Turnip Greens	37 mg -- Green Beans	11 mg -- Grapes
187 mg -- Dandelion Greens	36 mg -- Lettuce, Romaine*	11 mg -- Pear
145 mg -- Collards	36 mg -- Parsnips	12 mg -- Grapefruit, White
138 mg -- Parsley	32 mg -- Lettuce, Butterhead (Boston, Bibb)	14 mg -- Apricots
135 mg -- Kale*	32 mg -- Alfalfa Sprouts	14 mg -- Strawberries
120 mg -- Watercress	31 mg -- Squash (winter, all varieties)	14 mg -- Tangerine
119 mg -- Beet* Greens	30 mg -- Turnip	15 mg -- Cherries, Sweet
105 mg -- Chinese Cabbage (pak-choi)	27 mg -- Carrots	22 mg -- Raspberries
103 mg -- Mustard Greens	24 mg -- Kohlrabi	24 mg -- Papaya
100 mg -- Chicory Greens	23 mg -- Carrots, Baby	26 mg -- Kiwi
99 mg -- Spinach	22 mg -- Sweet Potato	26 mg -- Lemon (no peel)
81 mg -- Okra	22 mg -- Cauliflower	32 mg -- Blackberries
68 mg -- Lettuce, Loose Leaf	21 mg -- Asparagus	33 mg -- Lime
67 mg -- Cilantro*	21 mg -- Pumpkin	4 mg -- Plum
65 mg -- Purslane	20 mg -- Squash (summer, all varieties)	40 mg -- Orange
52 mg -- Endive (Escarole)	19 mg -- Endive, Belgian (Witloof Chicory)	49 mg -- Raisins, Seedless
51 mg -- Swiss Chard	16 mg -- Beets*	5 mg -- Casaba Melon
51 mg -- Chard, Swiss	14 mg -- Cucumber (with skin)	5 mg -- Nectarine
48 mg -- Broccoli	9 mg -- Peppers*,Red	5 mg -- Peach
47 mg -- Cabbage	9 mg -- Peppers*,Green	6 mg -- Banana
47 mg -- Rutabaga	5 mg -- Tomato	6 mg -- Blueberries
	2 mg -- Corn, White	6 mg -- Honeydew Melon
		7 mg -- Apple (with Skin)
		7 mg -- Cranberries
		7 mg -- Pineapple
		8 mg -- Persimmon, Japanese
		8 mg -- Watermelon

SOURCE<http://www.parrottalk.com/calcium-phosphorus-content.htm>

GOOD CALCIUM SOURCES	MODERATE CALCIUM SOURCES	POOR CALCIUM SOURCES
Food - Ca (mg) - P (mg) - Ca:P Ratio	Food - Ca (mg) - P (mg) - Ca:P Ratio	Food - Ca (mg) - P (mg) - Ca:P Ratio
Beet Greens 188 - 80 - 1:0.4	Apples - 10 - 10 - 1:1	Apricots - 15 - 21 - 1:1.4
Broccoli Leaves 349 - 89 - 1:0.26	Blackberries 43 - 43 - 1:1	Asparagus - 28 - 70 - 1:2.5
Broccoli Stem 111 - 47 - 1:0.4	Blueberries 33 - 26 - 1:0.8	Bananas - 7 - 22 - 1:3.1
Cabbage outside green leaves 429 - 72 - 1:0.17	Cabbage(inner leaves) 46 - 34 - 1:0.74	Beets - 56 - 84 - 1:1.5
Celery - 44 - 32 - 1:0.7	Cantaloupe - 64 - 60 - 1:0.9	Broccoli Flowers 85 140 - 1:1.65
Chard - 300 100 - 1:0.33	Carrots - 90 - 82 - 1:0.9	Brussels Sprouts 36 161 - 1:4.48
Chinese Cabbage 400 - 72 - 1:0.2	Green Beans 55 - 50 - 1:1	Cauliflower 28 - 46 - 1:1.6
Collards (cooked) - 14 150 - 1:0.4	Guavas - 15 - 16 - 1:1	Cherries (pitted) - 19 - 35 - 1:1.58
Dandelion (Greens) - 168 - 70 - 1:0.4	Okra - 144 124 - 1:0.86	Corn - 16 - 206 - 1:12.9
Dark green leaf lettuce - 25 - 14 - 1:0.56	Pears - 15 - 18 - 1:1.2	Cucumber - 10 - 21 - 1:2.1
Endive - 104 - 39 - 1:0.4	Raspberries 82 - 76 - 1:0.93	Eggplant - 22 - 62 - 1:2.8
Kale - 390 - 134 - 1:0.4	Rutabaga - 99 - 75 - 1:0.75	Grapes - 19 - 35 - 1:1.8
Kohlrabi - 390 120 - 1:0.3	Squash - 36 - 30 - 1:0.8	Lettuce (head, iceberg) 17 - 40 - 1:2.4
Mustard Greens 582 168 - 1:0.29	Strawberries 68 - 56 - 1:0.8	Mushrooms - 19 131 - 1:6.9
Orange or Tangerine 48 - 18 - 1:0.4	Turnips - 112 - 94 - 1:0.84	Parsnips - 120 152 - 1:1.3
Parsley - 46 - 30 - 1:0.65	Yams - 44 - 50 - 1:1	Peaches - 10 - 19 - 1:1.9
Spinach - 156 - 92 - 1:0.6		Peas - 56 254 - 1:4.5
Turnip Greens 694 - 98 - 1:0.14		Pineapple - 12 - 35 - 1:2.9
Watercress - 53 - 15 - 1:0.3		Plums - 20 - 27 - 1:1.4
Watermelon - 33 - 9 - 1:0.27		Pumpkin - 46 100 - 1:2.2
Yellow Wax Beans - 63 - 46 - 1:0.7		Radish - 21 - 29 - 1:1.4
		Sweet Potato 19 - 45 - 1:2.4
		Tomato - 11 - 29 - 1:2.6



Nutrition.com

<http://www.nutrition.com>

A good source for

- Nutrition Guide
- Nutrition
- Eating Healthy
- Healthy Foods

Phytate

inositolhexaphosphoric acid; a source of phosphorus for ruminants and horses but indigestible to carnivores. Present in large amounts in plants.

Phytates are phosphorus compounds found primarily in cereal grains, legumes, and nuts. They bind with minerals such as iron, calcium, and zinc and interfere with their absorption in the body.

Phytates/phytic acid are the storage form of phosphorus bound to inositol in the fiber of raw whole grains, legumes, seeds, and nuts. Although these foods have a high phosphorus content, the phosphates in phytates are not released through the digestive process. Phytates, particularly in such raw foods as bran, are a concern because they can bind a portion of the iron, zinc, and calcium in foods, making the minerals unavailable for absorption.

Phytic acid occurs in unsprouted grains, seeds, and legumes, and is particularly rich in the bran. Although these foods have a high phosphate content, the phosphate in phytates is not released by digestion. When bread is leavened by yeast, enzymes degrade phytic acid and phytates pose no problem. Phytic acid is also destroyed during baking and food processing.

Enzymes, called phytases, destroy phytates during certain food processes such as: the yeast-raising of dough, the sprouting of seeds, grains, legumes, the roasting of nuts, presoaking beans, cooking, fermentation as in tempeh, miso, and natto, combining acidic foods with zinc-rich foods, etc.

SOURCES AND REFERENCES

Sources, Research & Credits Attributed to the Following

Oxalate Content Ratings & Values in Select Foods

The Channing Laboratory & Harvard Medical School

The OHF - Oxalosis & Hyperoxaluria Foundation

a 501 (c)(3), public charity

www.ohf.org

Oxalate Food Content: <http://www.ohf.org/docs/Oxalate2008.pdf>

The Channing Laboratory

Department of Medicine, The Brigham and Women's Hospital (BWH)

<https://regepi.bwh.harvard.edu>

Oxalate Files - <https://regepi.bwh.harvard.edu/health/Oxalate/files>

Harvard Medical School & Harvard School of Public Health (HSPH)

<http://hms.harvard.edu/>

<http://www.hsph.harvard.edu/>

<https://regepi.bwh.harvard.edu/health/nutrition.html>

Calcium - Phosphorus (Ca:P) Ratios of Foods

REFERENCE SOURCE Walter Last

<http://www.health-science-spirit.com/calcium.html>

- Research Chemist, Biochemist and Toxicologist
- Practicing Nutritionist and Natural Therapist
- Bio-Science Laboratories in Los Angeles
- Research and Toxicological Investigations
- Nutritionist & Natural Therapist New Zealand , Australia
- Author: "Heal Yourself Series", "Healing Foods"

Additional Resources

NUTRITIONAL REFERENCE SOURCE

<http://www.nal.usda.gov/fnic/foodcomp/search/>

NUTRITIONAL REFERENCE SOURCE

<http://www.branwen.com/rowan/oxalate.htm>

OXALIC ACID VEGETABLE LIST REFERENCE SOURCE

http://www.guinealynx.info/diet_oxalic.html

REFERENCE SOURCE

http://www.guinealynx.info/diet_ratio.html

REFERENCE SOURCE

<http://www.nutrition.com/>

REFERENCE SOURCE

<http://www.nutritiondata.com>

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