

Calcium Rich Foods



Almonds



Amaranth grain



Asparagus



Apricots (dried)



Artichokes



Baked beans



Blackberries



Blackstrap molasses



Blackcurrants



Bok choy



Brazil nuts



**Bread
(wholemeal)**



Broccoli



Chickpeas



Cinnamon



**AlmEdamame
(soya beans)**



GastroDoxs
defenders of the digestive system

Calcium Rich Foods



Fennel



Kale



Kidney beans



Olives



Oranges



**Sesame seeds
(and other seeds)**



**Soya milk
(fortified)**



Spring greens



Tofu



Walnuts



Watercress



Swede



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