

COMPREHENSIVE MINERAL DENSITY CHART

Food Source	Amount/100g
Parmesan Cheese	1,100mg
Chia Seeds	630mg
Sardines (canned)	380mg
Almonds	260mg
Spinach (cooked)	136mg

Food Source	Amount/100g
Pumpkin Seeds	590mg
Dark Chocolate (85%)	230mg
Cashews	290mg
Black Beans	160mg
Quinoa (cooked)	64mg

Food Source	Amount/100g
Dried Apricots	1,160mg
Avocado	485mg
Salmon	360mg

Food Source	Amount/100g
Banana	358mg
White Potato	420mg

Food Source	Amount/100g
Hemp Seeds	8.0mg
Lentils	3.3mg
Beef (Grass-fed)	2.6mg
Oysters	7.0mg
Tofu	5.4mg

Food Source	Amount/100g
Oysters	61.0mg
Beef Liver	4.0mg
Pumpkin Seeds	7.5mg
Chickpeas	1.5mg
Yogurt	0.6mg

Food Source	Amount/100g
Brazil Nuts (1 pc)	96mcg
Yellowfin Tuna	92mcg

Food Source**Amount/100g**

Sunflower Seeds

53mcg

Egg

31mcg

Turkey Breast

24mcg