

FOODS THAT CONTAIN CALCIUM, IRON & VITAMIN C

Over 150 foods that contain varying amounts of calcium, iron and/or vitamin C are listed below. For more detailed information about nutrient content in the foods below, please visit the U.S. Department of Agriculture's FoodData Central at <https://fdc.nal.usda.gov/>.

Food	Calcium	Iron	Vitamin C
Acorns	x	x	
Almonds	x	x	
Amaranth	x	x	x
Antelope		x	
Asparagus			x
Avocado	x	x	x
Bananas	x	x	x
Barnacles	x	x	
Beach asparagus	x	x	x
Beans	x	x	
Bear		x	
Beech nuts	x	x	x
Bell peppers	x	x	x
Beluga whale	x	x	
Biscuit root/Coush		x	x
Bison		x	
Bitter root			x
Black walnuts	x	x	
Blackberries	x	x	x
Blue camas bulb	x	x	x
Blueberries	x	x	x
Bone broth	x	x	
Breadfruit	x	x	x
Broadleaf arrowhead/Water potato/Wapato leaf & root	x	x	x
Broccoli	x	x	x
Brussels sprouts	x	x	x
Butternuts	x	x	x
Cabbage	x	x	x
Cantaloupe	x	x	x
Caribou		x	

Food	Calcium	Iron	Vitamin C
Carrots	x		x
Cattail	x	x	x
Cauliflower			x
Cheese	x		
Chestnuts	x	x	x
Chia seeds	x	x	
Chicken		x	
Chokecherries	x	x	x
Cholla buds	x	x	
Cinnamon	x	x	
Clam	x	x	
Cloudberries	x		x
Corn			x
Collard greens	x		x
Cottage cheese	x		
Cow parsnip/Indian celery/Indian rhubarb/Pushki	x	x	
Crab	x	x	x
Dandelion greens	x	x	x
Dark green leafy vegetables	x	x	x
Duck	x	x	
Edamame	x	x	x
Eggs	x	x	
Elk		x	
Fiddleheads	x	x	x
Figs	x	x	x
Fireweed/Ciilaaq leaves	x	x	x
Fish eggs	x	x	x
Fish liver		x	
Garlic	x		x
Grapes	x		x
Grapefruit	x		x
Green beans	x	x	x
Green chile (New Mexico chile)	x	x	x
Hazelnuts	x	x	x
Hickory nuts	x	x	x
Honeydew	x	x	x
Huckleberries	x	x	x
Kale	x		x
Kiwi			x
Lamprey eel	x	x	x

Food	Calcium	Iron	Vitamin C
Leeks	x	x	x
Lemon	x		x
Lentils	x	x	x
Lime	x	x	x
Liver		x	
Maple syrup		x	
Mesquite beans (flour)	x	x	x
Milk	x		
Moose		x	x
Mushrooms	x	x	x
Mussels	x	x	x
Mustard greens	x	x	x
Nettles	x	x	
Nodding onion	x	x	x
Non-dairy milk	x	x	
Nopal	x	x	x
Oats	x	x	
Okra	x	x	x
Oranges	x		x
Oysters	x	x	
Parsnips		x	x
Peaches		x	x
Peanut butter	x	x	
Pears	x	x	x
Peas	x	x	x
Pima lima beans	x	x	
Pine needles	x	x	x
Pine nuts	x	x	
Pistachios	x	x	
Plums	x	x	x
Popcorn		x	
Potatoes			x
Prairie turnips	x	x	x
Prickly pear	x	x	x
Pumpkin/Squash seeds	x	x	
Purslane	x	x	x
Quail		x	x
Quinoa	x	x	
Rabbit		x	
Raisins	x	x	x

Food	Calcium	Iron	Vitamin C
Ramp/Wild leek	x	x	x
Raspberries	x	x	x
Rhubarb	x	x	x
Rose hips	x	x	x
Salmon, fresh		x	
Salmon, canned	x	x	
Salmonberries	x	x	x
Sardines	x	x	
Scallops		x	
Sea cucumber	x	x	
Sea lion	x	x	
Sea urchins	x	x	x
Seaweed/lettuce	x	x	x
Seal liver	x	x	
Seal meat		x	
Sesame seeds		x	
Shrimp	x	x	
Smelt	x		
Snails		x	
Sochan	x	x	x
Spinach	x	x	x
Spruce tip tea			x
Squash	x	x	x
Squid	x	x	x
Squirrel		x	
Strawberries	x	x	x
Sunflower seeds	x	x	
Sweet potatoes	x	x	x
Tangerine	x		x
Taro	x	x	x
Tepary bean	x	x	
Tofu	x	x	
Tomatoes	x	x	x
Trout	x		
Tuna fish		x	
Tundra tea	x	x	x
Turkey		x	
Turnip	x	x	x
Venison		x	
Walrus	x	x	

Food	Calcium	Iron	Vitamin C
Watercress	x		
Watermelon	x	x	x
White beans	x	x	
Whole wheat bread	x	x	
Wild raspberries	x	x	x
Wild rice		x	
Willow leaves	x	x	x
Wocas/Yellow pond lily seeds and tuber	x	x	
Yams	x	x	x
Yogurt	x		