

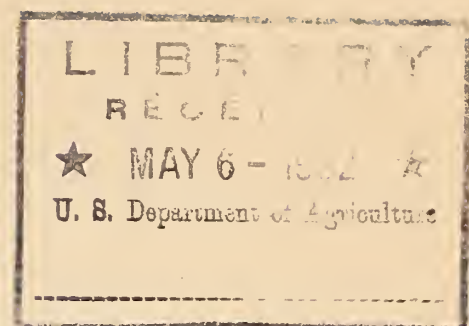
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UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
Washington, D. C.



GOOD SOURCES OF CALCIUM

Almonds	Dandelion greens	Molasses'
Beans, dry	Endive	Okra
Buttermilk	Figs, dry	Oranges
Cabbage greens	Hazelnuts	Parsnips
Carrots	Kohlrabi	Peas, dry
Cauliflower	Lentils	Rhubarb
Chard	Maple sirup	Rutabagas
Cheese, American	Milk, whole	Spinach
Clams, round	Milk, skimmed	Turnips
Clams, soft	Milk, condensed	Turnip tops
Cowpeas	Milk, evaporated	Watercress

GOOD SOURCES OF PHOSPHORUS

Almonds	Fish	Oysters
Beans, dry	Graham flour	Peanuts
Beans, lima, fresh	Rye flour	Pecans
Buttermilk	Hazelnuts	Potatoes
Cheese	Lentils	Peas, dry
Cowpeas	Meat, lean	Peas, fresh
Eggs	Milk, whole	Shredded wheat
Egg yolk	Milk, skim	Walnuts
	Milk, condensed	Whole wheat
	Milk, evaporated	Wheat bran

Calculated from tables in "Chemistry of Food and Nutrition" by H. C. Sherman, published by the Macmillan Company, New York, 1926. 3rd edition

