

FOODS THAT CONTAIN CALCIUM, IRON & VITAMIN C

Over 150 foods that contain varying amounts of calcium, iron and/or vitamin C are listed below. This table is an unofficial source (provided by tribal representatives) that provides examples of local/traditional foods and items found in a grocery store that can be part of an overall healthy diet. 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		