



For Pet's Sake

The Avian and Exotic Animal Hospital of Atlanta

Mimi Shepherd, DVM
Diplomate ABVP (Avian)

Jason Hutcheson, DVM

3761 N Druid Hills Road Decatur, Georgia 30066
(404) 248-8977 www.ForPetsSake.com

CALCIUM CONTENT OF COMMON FOODS

One Pound Portion	Calcium (mg)	Phosphorus (mg)	Ratio
GOOD			
Rep-Cal Supplement (CaCO ₃)	163,444	1	163,444
Mustard Greens	626	145	4.3
Turnip Greens	1,116	263	4.2
Beet Greens	449	113	4.0
Dandelion Greens	635	191	3.3
Parsley	921	286	3.2
Collard Greens	1,134	372	3.0
Swiss Chard	331	109	3.0
Spinach	422	231	1.8
Cabbage	222	132	1.7
DEFICIENT*			
Cheddar Cheese	3,402	2,168	1.6
Reptivite Supplement (CaPO ₄)	96,000	64,000	1.5
Celery	177	127	1.4
Lettuce	159	118	1.3
Broccoli	467	354	1.3
Maintenance Dog Food	3504	3109	1.1
Carrot	168	163	1.0
Tofu	154	151	1.0
Strawberries	95	95	1.0
Squash, Yellow	127	132	1.0
Squash, Zucchini	127	132	1.0
Grapes	19	32	0.6
Tomatoes	52	108	0.5
Cauliflower	113	254	0.4
Asparagus	95	227	0.4
Banana	36	118	0.3
Peas, Green	118	526	0.2
Corn	14	331	0.0

*These items are for illustrative and comparative purposes only. They are NOT recommended foods for iguanas.

Copyright 2005 Avian Veterinary Services of Georgia, Inc. and Jason Hutcheson, DVM.