

## MORE FOODS THAT CONTAIN CALCIUM, IRON & VITAMIN C

*A supplemental resource for the Lead Awareness in Indian Country: Keeping our Children Healthy! Curriculum*

More than 50 foods that are either good or excellent sources of calcium, iron and/or vitamin C are listed below. According to the U.S. Food and Drug Administration (FDA), a food is considered to be a good source of a nutrient if it contains 10 - 19 percent of the recommended daily value (% DV) of that nutrient, and an excellent source if it contains more than 20% DV of the nutrient. This table provides examples of local and traditional foods and items found in some grocery stores that can be part of an overall healthy diet (with its Spanish translation in parenthesis). 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/> or search online since some of these foods are not found in FoodData Central.

**Instructor Note:** Use this table in addition to [Appendix A: Foods that Contain Calcium, Iron and/or Vitamin C](#) to identify foods for Module 3.

If the foods you identify do not appear in Appendix A or in this document, that does not mean they do not contain calcium, iron or vitamin C. It could be they are not a good source of one or more of those nutrients, or that the food was not researched for this document. To determine if a food is considered a good or excellent source of calcium, iron and/or vitamin C, we recommend doing the following:

1. Determine a reasonable serving size for that food. One option is to use FDA's *Reference Amounts Customarily Consumed: List of Products for Each Product Category: Guidance for Industry* available at <https://www.fda.gov/media/102587/download>.
2. Look up each food in FoodData Central at <https://fdc.nal.usda.gov/>. (If the food is not listed here, do an online search for that food's nutritional information)
3. Record the amount of milligram (mg) of calcium, iron and vitamin C provided by eating one serving of that food.
  - a. Calcium - The recommended daily value for calcium is 1300 mg. A good source of calcium contains at least 130mg/serving and an excellent source contains at least 260 mg/serving.
  - b. Iron – The recommended daily value for iron is 18 mg. A good source of iron contains at least 1.8 mg/serving and an excellent source 3.6 mg/serving.
  - c. Vitamin C – The recommended daily value for vitamin C is 90 mg. A good source of vitamin C contains at least 9 mg/serving and an excellent source contains at least 18 mg/serving.
4. If a food is a good or excellent source of more than one of these nutrients and you want to know which it contains the most of, the % DV can be calculated using the following formulas:
  - a. Calcium % DV= xx mg (in one serving) / 1300 mg
  - b. Iron % DV = xx mg (in one serving) / 18 mg
  - c. Vitamin C % DV = xx mg (in one serving) / 90 mg

Food (nombre en español)	Calcium	Iron	Vitamin C
Acai juice (jugo de acai)			x
Beef (carne de res)		x	
Black beans (frijoles negros)		x	
Black-eyed peas (frijol de cabecita negra/frijol de ojo negro/frijol carrita)		x	
Blue corn (maíz azul)	x	x	
Bluegill (mojarra oreja azul)	x		
Butter/lima beans (pallares/haba de lima)		x	
Callaloo/taro leaves (hojas de calalú/taro/malanga)	x	x	x
Cashew (anacardo/nuez de la India)		x	
Cassava (yuca/mandioca)			x
Chickpeas (garbanzos)		x	
Elderberries (bayas del saúco)		x	x
Frog legs (ancas de rana)		x	
Goat (cabra/chivo)		x	
Grape leaves (hojas de parra)	x	x	x
Guava (guayaba)			x
Iguana (iguana)		x	
Jack fish (jurel)	x	x	x
Jackfruit (yaca)			x
Juneberries/Saskatoon berries (bayas de junio)		x	
Juniper ash (ceniza de junipero/enebro)	x	x	
Kelp (kelp/alga marina)	x		
Kidney/red beans (porotos/frijoles rojos/habichuelas rojas/habichuelas coloradas)		x	
Lamb (cordero)		x	
Lobster (langosta)	x		
Lychee (lichi)			x
Mackerel (caballa/macarela)		x	
Mahi-mahi/dorado (dorado)		x	
Mango (mango/mangó)			x
Morels (bolsitas de borrego/colmenilla)		x	
Mulberries (moras)		x	x
Muscadines (uva muscadinia)			x
Oxtail (rabo de toro/rabo de buey)		x	
Papaya (papaya)			x
Parsley (perejil)			x
Passion fruit (maracuyá/parcha/chinola)			x
Pawpaw (asimina/banano de montaña)		x	x
Pea shoots (brotes de chícarros/arvejas/guisantes)			x
Persimmon (caqui)			x
Pineapple (piña)			x

Food (nombre en español)	Calcium	Iron	Vitamin C
Pinto beans (frijoles/habichuelas pinto)	x	x	
Plantains (plátano/plátano macho/plátano verde)			x
Pomegranate (granada)			x
Quince (membrillo)			x
Rutabaga (colinabo/nabicol/nabo sueco)			x
Sand/wild plum (ciruela silvestre)			x
Sapodilla/sapote/mamey (chicozapote/chicle/mamey/zapota)			x
Soursop (guanábana)			x
Tangerine (mandarina)			x
Tongue (lengua)		x	
Wild spinach/lambsquarter (espinaca silvestre)	x		x

Here are some resources in addition to FoodData Central and [Appendix A: Foods that Contain Calcium, Iron and/or Vitamin C](#) that may be helpful when creating a list of foods for your community considered to be good sources of calcium, iron and/or vitamin C.

1. Gebhardt, S.E. and Thomas, R.B. Nutritive Value of Foods. 2002. U.S. Department of Agriculture, Agriculture Research Service, Home and Garden Bulletin 72. Available at [https://www.ars.usda.gov/arsuserfiles/80400525/data/hg72/hg72\\_2002.pdf](https://www.ars.usda.gov/arsuserfiles/80400525/data/hg72/hg72_2002.pdf). [Accessed January 10, 2024].
2. Kuhnlein, H.V. and Humphries, M.M. Traditional Animal Foods of Indigenous Peoples of Northern North America: The Contributions of Wildlife Diversity to the Subsistence and Nutrition of Indigenous Cultures. 2017. Centre for Indigenous People's Nutrition and Environment, McGill University, Montreal. Available at <http://traditionalanimalfoods.org/nutrients.aspx>. [Accessed January 10, 2024].
3. National Native Network. Traditional Foods Resource Guide for Indian Health Service Areas – Alaska, California, Great Plains and Portland. (No date). Available at <https://keepitsacred.itcni.org/traditional-foods-resource-guide/>. [Accessed January 10, 2024].
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition: Food Sources of Select Nutrients. December 2020. Available at <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients>. [Accessed January 10, 2024].
5. U.S. Food and Drug Administration. Vitamins and Minerals Chart. 2021. Available at [https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL\\_Vitamins&MineralsChart\\_October2021.pdf](https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/assets/InteractiveNFL_Vitamins&MineralsChart_October2021.pdf). [Accessed January 10, 2024].
6. U.S. Food and Drug Administration and U.S. Environmental Protection Agency. Eating Fish: What Pregnant Women and Parents Should Know. 2019. Available at <https://www.fda.gov/food/consumers/advice-about-eating-fish>. [Accessed January 10, 2024]