



LINDGREN
functional medicine

SOURCES OF Calcium



COLLARD
GREENS



BOK CHOY



FETA



SARDINES



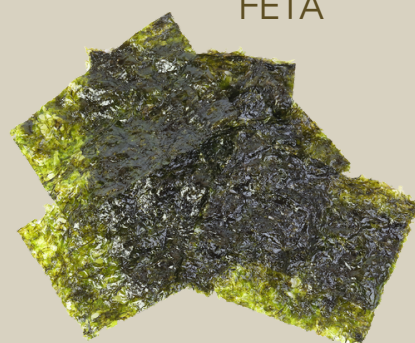
RICOTTA



FIRM TOFU



DRIED
FIGS



SEAWEED



SESAME
SEEDS

YOGURT



BROCCOLI

MILK



CHEDDAR

