

AN ORANGE A DAY KEEPS THE OSTEOPATH AWAY

Human breast milk is undoubtedly nature's perfect food for an infant. A 100-gram portion of human breast milk contains 33 milligrams of calcium. Please keep the number "33" in mind while reading this column.

The same 100-gram portion of Florida oranges contains 43 milligrams of calcium, thirty percent more bone building calcium than human breast milk! Everybody should enjoy a daily orange.

Enjoy a handful of dried apricots (67 mg of calcium) or a snack of raisins (62 mg) or become a pistachio nut (161 mg) addict like I am.

In my kitchen, parsley (203 mg) is used more than just to garnish dinners. Parsley is minced into salads, cole slaw, soups, and stocks. Speaking of cole slaw... raw cabbage (49 mg) contains more calcium than human breast milk too. I add shredded carrots (37 mg) to my cole slaw recipe.

A great dinner for you is a pasta/bean soup with chopped escarole (81 mg). The white beans contain 135 mg of calcium per 100 gram portion, more than four times the amount of calcium contained in a portion of human breast milk.

A favorite of all soups is cream of watercress, made with freshly made unsweetened rice milk. The watercress contains 151 milligrams of calcium. Rice milk contains more "absorbable" calcium than cow's milk.

One of the best calcium-rich foods is hummus, made with chickpeas (150 mg) and tahini, or ground sesame seeds (1160 mg).