

CatCentric: Eggshell Calcium:Phosphorus Ratios

USDA food list: <http://ndb.nal.usda.gov/ndb/search/list>

P = Phosphorus

C = Calcium

Note: Eggshell is 97% calcium carbonate & 40% elemental calcium. One teaspoon is 6.1g = 2,367mg elemental calcium. Thus 1/2 teaspoon required per pound of meat/organ to follow the guideline of 1000mg elemental calcium required per pound of meat in most recipes. Per ounce, this is 1/32 teaspoon.

	USDA	P per ounce in ingredient mg/oz	C per ounce in ingredient mg/oz	P in 1/32 t eggshell	C in 1/32 t eggshell	Add P in ingredient to P in Eggshell Total P	Add C in ingredient to C in Eggshell Total C	Ca:P with 1/32 t eggshell	P in 3/64 eggshell	C in 3/64 eggshell	Add P in ingredient to P in Eggshell Total P	Add C in ingredient to C in Eggshell Total C	Ca:P with 3/64 t eggshell
Beef, tip round roast trimmed to 0" fat, raw	13486	55.00	5.40	trace	73.96	55.00	79.36	1.44					
Beef, grass-fed, strip steaks, raw	13000	60.13	2.56	trace	73.96	60.13	76.53	1.27					
Chicken Breast, meat only, raw	05062	59.00	1.00	trace	73.96	59.00	74.96	1.27					
Chicken Thigh, meat only, raw	05096	53.00	3.00	trace	73.96	53.00	76.96	1.45					
Duck, domesticated, meat only, raw	05141	57.69	3.13	trace	73.96	57.69	77.09	1.34					
Lamb, NZ, shoulder, lean only, raw	17086	55.00	4.00	trace	73.96	55.00	77.96	1.42					
Lamb, NZ, leg, lean only, raw	17074	59.00	1.00	trace	73.96	59.00	74.96	1.27					
Pork trim retail cuts, lean only, raw	10002	62.00	4.00	trace	73.96	62.00	77.96	1.26					
Rabbit, domesticated, raw	17177	60.00	4.00	trace	73.96	60.00	77.96	1.30					
Turkey, dark meat, raw	05187	52.19	4.53	trace	73.96	52.19	78.49	1.50					
Venison (Game meat, deer, raw)	17164	57.00	1.00	trace	73.96	57.00	74.96	1.32					
Egg yolk (one large)	01125	66.00	22.00	trace	73.96	66.00	95.96	1.45					
Muscle Organs													
Beef heart, raw	13321	60.00	2.00	trace	73.96	60.00	75.96	1.27					
Chicken gizzard, raw	05023	42.00	3.00	trace	73.96	42.00	76.96	1.83					
Chicken heart, raw	05025	50.00	3.00	trace	73.96	50.00	76.96	1.54					
Lamb heart, raw	17191	50.00	2.00	trace	73.96	50.00	75.96	1.52					
Pork heart, raw	10103	48.00	1.00	trace	73.96	48.00	74.96	1.56					
Turkey gizzard, raw	05173	40.00	2.00	trace	73.96	40.00	75.96	1.90					
Turkey heart, raw	05175	63.00	2.00	trace	73.96	63.00	75.96	1.21					
Liver, raw													
Beef	13325	110.00	1.00	trace	73.96	110.00	74.96	0.68	trace	110.94	110.00	111.94	1.02
Chicken	05027	84.00	2.00	trace	73.96	84.00	75.96	0.90	trace	110.94	84.00	112.94	1.34
Duck	05143	76.00	3.00	trace	73.96	76.00	76.96	1.01	trace	110.94	76.00	113.94	1.50
Lamb	17199	103.00	2.00	trace	73.96	103.00	75.96	0.74	trace	110.94	103.00	112.94	1.10
Pork	10110	82.00	3.00	trace	73.96	82.00	76.96	0.94	trace	110.94	82.00	113.94	1.39
Turkey	05177	79.00	1.00	trace	73.96	79.00	74.96	0.95	trace	110.94	79.00	111.94	1.42
Other Secreting Organs, raw													
Beef kidney	13323	73.00	4.00	trace	73.96	73.00	77.96	1.07	trace	110.94	73.00	114.94	1.57
Lamb kidney	17195	70.00	4.00	trace	73.96	70.00	77.96	1.11	trace	110.94	70.00	114.94	1.64
Pork kidney	10106	58.00	3.00	trace	73.96	58.00	76.96	1.33	trace	110.94	58.00	113.94	1.96
Beef pancreas	13331	93.00	3.00	trace	73.96	93.00	76.96	0.83	trace	110.94	93.00	113.94	1.23
Lamb pancreas	17210	113.00	2.00	trace	73.96	113.00	75.96	0.67	trace	110.94	113.00	112.94	1.00
Pork pancreas	10115	66.00	3.00	trace	73.96	66.00	76.96	1.17	trace	110.94	66.00	113.94	1.73
Beef spleen	13333	84.00	3.00	trace	73.96	84.00	76.96	0.92	trace	110.94	84.00	113.94	1.36
Lamb spleen	17214	79.00	3.00	trace	73.96	79.00	76.96	0.97	trace	110.94	79.00	113.94	1.44
Pork spleen	10117	74.00	3.00	trace	73.96	74.00	76.96	1.04	trace	110.94	74.00	113.94	1.54
EGGS													
Whole (large - 50g)	01123	99.00	28.00	trace	73.96	99.00	101.96	1.03	trace	110.94	99.00	138.94	1.40
Yolk (17g from whole, large egg)	01125	66.00	22.00	trace	73.96	66.00	95.96	1.45	trace	110.94	66.00	132.94	2.01