

**CatCentric: MCHA Calcium:Phosphorus Ratios**

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

P = Phosphorus

C = Calcium

**NOW Calcium hydroxyapatite (MCHA) Ratios**

*Note: NOW MCHA capsules contain 1000mg elemental calcium per 4 capsules; thus 250mg per single capsule.*

Amounts in ounces. The results indicate how much MCHA to use per ounce of meat/organ.

Please refer to article discussion for more information.

USDA	P Per	C per	P in 1/2		C in 1/2		Add P in		Add C in		Ca:P with		P in 1		C in 1		Add P in		Add C in		Ca:P with		
	ounce of	ounce of	cap MCHA	cap MCHA	P in MCHA	C in MCHA	Total P	Total C	1/2 cap	P in 3/4	C in 3/4	P in MCHA	C in MCHA	3/4 cap	cap MCHA	cap MCHA	Total P	Total C	P in MCHA	C in MCHA	Total P	Total C	1 cap
	ingredient	ingredient	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz	mg/oz
Beef, tip round roast trimmed to 0" fat, raw	13486	55.00	5.40	62.50	125.00	117.50	130.40	1.11	93.75	187.50	148.75	192.90	1.30	125.00	250.00	180.00	255.40	1.42					
Beef, grass-fed, strip steaks, raw	13000	60.13	2.56	62.50	125.00	122.63	127.56	1.04	93.75	187.50	153.88	190.06	1.24	125.00	250.00	185.13	252.56	1.36					
Chicken Breast, meat only, raw	05062	59.00	1.00	62.50	125.00	121.50	126.00	1.04	93.75	187.50	152.75	188.50	1.23	125.00	250.00	184.00	251.00	1.36					
Chicken Thigh, meat only, raw	05096	53.00	3.00	62.50	125.00	115.50	128.00	1.11	93.75	187.50	146.75	190.50	1.30	125.00	250.00	178.00	253.00	1.42					
Duck, domesticated, meat only, raw	05141	57.69	3.13	62.50	125.00	120.19	128.13	1.07	93.75	187.50	151.44	190.63	1.26	125.00	250.00	182.69	253.13	1.39					
Lamb, NZ, shoulder, lean only, raw	17086	55.00	4.00	62.50	125.00	117.50	129.00	1.10	93.75	187.50	148.75	191.50	1.29	125.00	250.00	180.00	254.00	1.41					
Lamb, NZ, leg, lean only, raw	17074	59.00	1.00	62.50	125.00	121.50	126.00	1.04	93.75	187.50	152.75	188.50	1.23	125.00	250.00	184.00	251.00	1.36					
Pork trim retail cuts, lean only, raw	10002	62.00	4.00	62.50	125.00	124.50	129.00	1.04	93.75	187.50	155.75	191.50	1.23	125.00	250.00	187.00	254.00	1.36					
Rabbit, domesticated, raw	17177	60.00	4.00	62.50	125.00	122.50	129.00	1.05	93.75	187.50	153.75	191.50	1.25	125.00	250.00	185.00	254.00	1.37					
Turkey, dark meat, raw	05187	52.19	4.53	62.50	125.00	114.69	129.53	1.13	93.75	187.50	145.94	192.03	1.32	125.00	250.00	177.19	254.53	1.44					
Venison (Game meat, deer, raw)	17164	57.00	1.00	62.50	125.00	119.50	126.00	1.05	93.75	187.50	150.75	188.50	1.25	125.00	250.00	182.00	251.00	1.38					
<b>Muscle Organs</b>																							
Beef heart, raw	13321	60.00	2.00	62.50	125.00	122.50	127.00	1.04	93.75	187.50	153.75	189.50	1.23	125.00	250.00	185.00	252.00	1.36					
Chicken gizzard, raw	05023	42.00	3.00	62.50	125.00	104.50	128.00	1.22	93.75	187.50	135.75	190.50	1.40	125.00	250.00	167.00	253.00	1.51					
Chicken heart, raw	05025	50.00	3.00	62.50	125.00	112.50	128.00	1.14	93.75	187.50	143.75	190.50	1.33	125.00	250.00	175.00	253.00	1.45					
Lamb heart, raw	17191	50.00	2.00	62.50	125.00	112.50	127.00	1.13	93.75	187.50	143.75	189.50	1.32	125.00	250.00	175.00	252.00	1.44					
Pork heart, raw	10103	48.00	1.00	62.50	125.00	110.50	126.00	1.14	93.75	187.50	141.75	188.50	1.33	125.00	250.00	173.00	251.00	1.45					
Turkey gizzard, raw	05173	40.00	2.00	62.50	125.00	102.50	127.00	1.24	93.75	187.50	133.75	189.50	1.42	125.00	250.00	165.00	252.00	1.53					
Turkey heart, raw	05175	63.00	2.00	62.50	125.00	125.50	127.00	1.01	93.75	187.50	156.75	189.50	1.21	125.00	250.00	188.00	252.00	1.34					
<b>Liver, raw</b>																							
Beef	13325	110.00	1.00	62.50	125.00	172.50	126.00	0.73	93.75	187.50	203.75	188.50	0.93	125.00	250.00	235.00	251.00	1.07					
Chicken	05027	84.00	2.00	62.50	125.00	146.50	127.00	0.87	93.75	187.50	177.75	189.50	1.07	125.00	250.00	209.00	252.00	1.21					
Duck	05143	76.00	3.00	62.50	125.00	138.50	128.00	0.92	93.75	187.50	169.75	190.50	1.12	125.00	250.00	201.00	253.00	1.26					
Lamb	17199	103.00	2.00	62.50	125.00	165.50	127.00	0.77	93.75	187.50	196.75	189.50	0.96	125.00	250.00	228.00	252.00	1.11					
Pork	10110	82.00	3.00	62.50	125.00	144.50	128.00	0.89	93.75	187.50	175.75	190.50	1.08	125.00	250.00	207.00	253.00	1.22					
Turkey	05177	79.00	1.00	62.50	125.00	141.50	126.00	0.89	93.75	187.50	172.75	188.50	1.09	125.00	250.00	204.00	251.00	1.23					
<b>Other Secreting Organs, raw</b>																							
Beef kidney	13323	73.00	4.00	62.50	125.00	135.50	129.00	0.95	93.75	187.50	166.75	191.50	1.15	125.00	250.00	198.00	254.00	1.28					
Lamb kidney	17195	70.00	4.00	62.50	125.00	132.50	129.00	0.97	93.75	187.50	163.75	191.50	1.17	125.00	250.00	195.00	254.00	1.30					
Pork kidney	10106	58.00	3.00	62.50	125.00	120.50	128.00	1.06	93.75	187.50	151.75	190.50	1.26	125.00	250.00	183.00	253.00	1.38					
Beef pancreas	13331	93.00	3.00	62.50	125.00	155.50	128.00	0.82	93.75	187.50	186.75	190.50	1.02	125.00	250.00	218.00	253.00	1.16					
Lamb pancreas	17210	113.00	2.00	62.50	125.00	175.50	127.00	0.72	93.75	187.50	206.75	189.50	0.92	125.00	250.00	238.00	252.00	1.06					
Pork pancreas	10115	66.00	3.00	62.50	125.00	128.50	128.00	1.00	93.75	187.50	159.75	190.50	1.19	125.00	250.00	191.00	253.00	1.32					
Beef spleen	13333	84.00	3.00	62.50	125.00	146.50	128.00	0.87	93.75	187.50	177.75	190.50	1.07	125.00	250.00	209.00	253.00	1.21					
Lamb spleen	17214	79.00	3.00	62.50	125.00	141.50	128.00	0.90	93.75	187.50	172.75	190.50	1.10	125.00	250.00	204.00	253.00	1.24					
Pork spleen	10117	74.00	3.00	62.50	125.00	136.50	128.00	0.94	93.75	187.50	167.75	190.50	1.14	125.00	250.00	199.00	253.00	1.27					
<b>EGGS</b>																							
Whole (large - 50g)	01123	99.00	28.00	62.50	125.00	161.50	153.00	0.95	93.75	187.50	192.75	215.50	1.12	125.00	250.00	224.00	278.00	1.24					
Yolk (17g from whole, large egg)	01125	66.00	22.00	62.50	125.00	128.50	147.00	1.14	93.75	187.50	159.75	209.50	1.31	125.00	250.00	191.00	272.00	1.42					