

Top 10 Foods Highest in Calcium

1300mg of Calcium = 100% of the Daily Value (%DV)

1 Firm Tofu



132% DV (1721mg)
per cup

363 calories

2 Skim Milk



46% DV (598mg)
per 16oz glass

167 calories

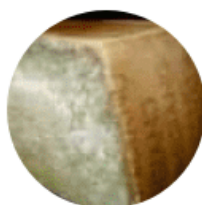
3 Low-Fat Yogurt



38% DV (488mg)
per cup

137 calories

4 Grated Parmesan



26% DV (336mg)
per oz

111 calories

5 Spinach



19% DV (245mg)
per cup cooked

41 calories

6 Black-Eyed Peas (Cowpeas)



16% DV (211mg)
per cup

160 calories

7 Okra



9% DV (123mg)
per cup cooked

35 calories

8 Trout



9% DV (123mg)
per fillet

215 calories

9 Acorn Squash



7% DV (90mg)
per cup cooked

115 calories

10 Clams



6% DV (78mg)
per 3oz serving

126 calories