

# Foods highest in

# Calcium

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

**1400 mg**

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Watercress	78%	2843	32.1	909	Purslane	29%	855	22.0	625
Total cereal	71%	1153	1.1	30	Swamp cabbage	29%	1506	18.6	526
Total Corn Flakes	64%	1004	0.9	27	Thyme, fresh	29%	695	3.5	99
Dried basil	60%	866	1.4	40	Mustard greens	28%	2403	13.6	385
Chinese cabbage (bok choy)	58%	1749	27.1	769	Seaweed, kelp	28%	429	8.2	233
Savory	56%	450	1.3	37	Grape leaves	28%	998	3.8	108
Marjoram, dried	52%	659	1.3	37	Rosemary, dried	28%	274	1.1	30
Lambsquarters, raw	51%	1219	8.2	233	Taragon, dried	28%	434	1.2	34
Dill weed, dried	50%	458	1.4	40	Parsley	27%	2925	9.8	278
Thyme, dried	49%	869	1.3	36	Yogurt, fat free	25%	213	6.3	179
Arugula	46%	825	14.1	400	Fortified skim milk	25%	263	8.6	244
Turnip greens	42%	1791	11.0	313	Non-fat dry milk w vit A	25%	218	1.0	28
Total Raisin Bran	42%	648	1.1	32	Peppermint, fresh	25%	556	5.0	143
Basil	41%	1751	13.1	370	Fennel seed	25%	321	1.0	29
Parsley, dried	38%	903	1.3	36	Seaweed, wakame	24%	562	7.8	222
Beet greens	38%	1964	16.0	455	Poultry seasoning	23%	392	1.1	33
Sage	37%	554	1.1	32	Mozzarella cheese, skim	22%	136	1.4	39
Spearmint, dried	37%	762	1.2	35	Chives	22%	1205	11.8	333
Oegano, dried	37%	519	1.2	33	Endive	22%	1482	20.7	588
Dill seed	36%	250	1.2	33	Lemons, with peel	22%	716	17.6	500
Broccoli raab	35%	1267	16.0	455	Parmesan cheese	22%	124	0.9	26
Dill weed	35%	1166	8.2	233	Coriander (cilantro) leaves	21%	1762	15.3	435
Collards	35%	1611	11.8	333	Tofu, firm	21%	277	5.0	143
Cinnamon	34%	515	1.4	38	Lemon peel	20%	479	7.5	213
Spearmint, fresh	32%	838	8.0	227	Milk 1% with vitamin A	20%	206	8.4	238
Celery seeds	32%	307	0.9	26	Balsam-pear (bitter gourd)	20%	1072	11.8	333
Coriander leaf, dried	32%	913	1.3	36	Romano cheese	20%	108	0.9	26
Spinach, canned	31%	1280	18.6	526	Poppy seed	19%	192	0.7	19
Chicory greens	31%	1726	15.3	435	Kale	19%	1747	7.1	200
Spinach	31%	2601	15.3	435	Boston lettuce	19%	1299	27.1	769
Whey, acid	31%	147	14.7	417	Swiss chard	19%	2849	18.6	526
Dandelion greens	30%	849	7.8	222	Bay leaf spice	19%	368	1.1	32
Rhubarb	29%	325	16.8	476	Okra	19%	671	11.4	323

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Parmesan cheese, grated	18%	118	0.8	23	Whey, sweet	12%	107	13.1	370
Garden cress	18%	1639	11.0	313	Capers, canned	12%	-147	15.3	435
Allspice	18%	178	1.3	38	Colby cheese	12%	79	0.9	25
Celery	18%	422	22.0	625	Broccoli stalks	12%	764	12.6	357
Cumin seed	18%	279	0.9	27	Black pepper	12%	316	1.4	39
Rosemary, fresh	17%	281	2.7	76	Sesame seeds	12%	180	0.6	17
Green leaf lettuce	17%	1957	23.5	667	Fiber One	12%	519	1.8	50
Coriander seed	17%	242	1.2	34	Orange peel	12%	274	3.6	103
Milk 2% with vitamin A	17%	162	7.1	200	Cabbage	11%	497	14.1	400
Whey, sweet, dried	16%	122	1.0	28	Fennel bulbs	11%	254	11.4	323
All-Bran with fiber	15%	1098	1.8	52	Sauerkraut, canned	11%	269	18.6	526
Provolone cheese	15%	100	1.0	28	Radishes	11%	356	22.0	625
Swiss cheese	15%	125	0.9	26	Mackerel, canned	11%	458	2.3	64
Seaweed, agar	15%	359	13.6	385	Cheese Spread, Velveeta	11%	-12	1.2	33
Caraway seeds	15%	254	1.1	30	Pink salmon, canned	11%	548	2.5	72
Red leaf lettuce	15%	1603	22.0	625	Limburger cheese	11%	91	1.1	31
Cloves	14%	581	1.1	31	Coffee, instant, decaf	11%	351	176.4	5000
Monterey cheese	14%	87	0.9	27	All-Bran Original	11%	1025	1.4	38
Coffee, instant, regular	14%	232	176.4	5000	Blue cheese	11%	78	1.0	28
Coffee, brewed	14%	1132	352.7	10000	American cheese	11%	64	0.9	27
Yogurt, plain, whole milk	14%	104	5.8	164	Curry powder	11%	323	1.1	31
Goat cheese	14%	93	0.8	22	Cowpeas (blackeyes)	10%	223	3.9	111
Ricotta cheese, skim	14%	139	2.6	72	Sprouted alfalfa seeds	10%	496	15.3	435
Gouda cheese	14%	97	1.0	28	Broccoli	10%	748	10.4	294
Muenster cheese	14%	84	1.0	27	Tofu, fried	10%	155	1.3	37
Evaporated milk	14%	83	2.6	75	Hot cocoa, homemade	10%	107	4.6	130
Goat milk	14%	97	5.1	145	Soybeans, green	10%	239	2.4	68
Romaine lettuce	14%	1566	20.7	588	Rutabagas	9%	251	9.8	278
Tofu, extra firm	14%	261	3.9	110	Chia seeds, dried	9%	109	0.7	20
Anise seed	14%	222	1.0	30	Iceberg lettuce	9%	410	25.2	714
Whole milk 3.25% fat	13%	123	5.9	167	Tofu yogurt	9%	69	3.8	106
Feta cheese	13%	85	1.3	38	Cardamom	9%	525	1.1	32
Gourd	13%	300	25.2	714	Garlic	9%	213	2.4	67
Baby oatmeal, dry	13%	268	0.9	25	Green beans	9%	393	11.4	323
Tomatoes, canned	13%	296	20.7	588	Ricotta cheese	8%	94	2.0	57
Roquefort cheese	13%	71	1.0	27	Sprouted radish seeds	8%	355	8.2	233
Cheddar cheese	13%	80	0.9	25	Horseradish	8%	148	7.3	208
Sheep milk	13%	110	3.3	93	Malted milk, chocolate	8%	86	4.1	118

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Anchovies	8%	450	2.7	76	Cottage cheese, 1% fat	6%	227	4.9	139
Chocolate-flavor milk	8%	96	4.1	118	Pumpkin	6%	857	13.6	385
Cream of potato soup	8%	80	5.9	167	Half and half	6%	36	2.7	77
Mustard seed	8%	222	0.8	21	Carrots	6%	1011	8.6	244
Limes	8%	222	11.8	333	Lipton onion soup mix	6%	-115	1.3	38
Turnips	8%	231	12.6	357	English Muffins, Thomas	6%	5	1.5	43
Cucumber	8%	264	23.5	667	Olives, canned	5%	61	3.1	87
Crushed tomatoes, canned	8%	310	11.0	313	Pumpkin, canned	5%	1139	10.4	294
Sour cream, reduced fat	8%	-15	2.3	66	Spaghetti squash	5%	137	11.4	323
Onion powder	7%	86	1.0	29	Salsify, (vegetable oyster)	5%	127	4.3	122
Infant formula, SIMILAC	7%	96	5.3	152	Soy milk	5%	274	6.8	192
Podded peas	7%	492	8.4	238	English muffins w. calcium	5%	124	1.3	37
Crab	7%	590	4.1	115	Sprouted soybeans, cooked	5%	296	4.4	123
Ramen Oodles of Noodles	7%	-201	70.5	2000	Molasses	5%	64	1.2	34
Chicken Broth 1% fat	7%	17	88.2	2500					
Frankfurter, pork	7%	99	1.3	37					
Potatoes, au gratin, mix	7%	48	1.1	32					
Plain frozen waffles	7%	133	1.1	32					
Brussels sprouts	7%	692	8.2	233					
Leeks	7%	274	5.8	164					
Eggnog	7%	38	2.6	74					
Asparagus	7%	586	14.1	400					
Zucchini	7%	553	22.0	625					
Summer squash	7%	546	22.0	625					
Artichokes	7%	293	7.5	213					
Multi-Grain Cheerios	7%	952	0.9	26					
Cheerios	6%	368	1.0	27					
Mulberries	6%	188	8.2	233					
Lemons	6%	318	12.2	345					
White pepper	6%	171	1.2	34					
Kohlrabi	6%	510	13.1	370					
Chili powder	6%	497	1.1	32					
Cauliflower	6%	566	14.1	400					
Perch	6%	380	3.9	110					
Kumquats	6%	151	5.0	141					
Yellow mustard	6%	298	5.3	149					
Cheese lasagna	6%	137	2.7	77					
Oranges	6%	205	7.5	213					