

Rank Those Foods for Calcium

Directions: Your job is to rank six foods from highest to lowest, based on how much calcium you think is found in each food. What food do you think has the most calcium? Write the name of that food in square #1. What food do you think has the least calcium? Write the name of that food in square #6. Complete the activity by ranking the remaining foods.

1	2	3	4	5	6
---	---	---	---	---	---

Highest

Lowest

Turn each Food Model over and refer to the portion of the food label containing information about the vitamins and minerals. For each food you will find a percentage (%) – the Percent Daily Value (%DV). What is the %DV for calcium? A food that provides 10-19% of the DV is a good source of calcium. If a food provides 20% or more of the DV, it is a rich source of calcium. If calcium is not listed, then the food does not contain this mineral. Using this information, rank the foods for calcium.

1	2	3	4	5	6
_____ %DV	_____ %DV	_____ %DV	_____ %DV	_____ %DV	_____ %DV

Highest

Lowest

Compare the two rankings. Any surprises?

American Dairy Association Mideast

