

Identifying Calcium-Rich Foods Game

Answer Key

Foods Higher in Calcium

Yogurt
Broccoli
Frozen Yogurt
Spinach/Greens
Fortified Oatmeal/Cereal
Hot Cocoa (made with Milk)
Fortified Juice
Canned Salmon
Macaroni & Cheese
Fat Free Milk
Chocolate Milk
Cheese
Pudding (made with Milk)
Pizza

Foods Lower in Calcium

Tomato
Chicken
Orange
Baked Beans
Celery
Crackers
Eggs
Pretzels
Soy Milk
Spaghetti

