

Dairy Free Calcium Sources For Children Over 1 Year

What is calcium?

Calcium is a mineral which is needed by the body to help keep bones and teeth strong and healthy. Many different food and drinks are good sources of calcium. Low intake or poor absorption of calcium and vitamin D may limit growth in children and adolescents. Vitamin D is also important for bone health as it helps us to absorb

calcium. Therefore, it is necessary to achieve enough intake of both to ensure good growth during childhood.

It is important for people of all ages to include calcium rich sources in their diet, to help prevent bone disease (such as osteoporosis) in later life.

How much calcium do I need?	Recommended daily calcium	Stars 1 ★ = 60mg
Your age		
1-3	350mg	6 stars
4-6	450mg	7 ½ stars
7-10	550mg	9 stars
11-18 (girl)	800mg	13 stars
11-18 (boys)	1000mg	17 stars
Others		
Adults and pregnant women	700mg	11 stars
Breast feeding mums	1250mg	21 stars
If you take osteoporosis medications (Adults)	1000mg	17 stars
If you have coeliac disease (Adults)	1000-1500mg	17 stars

How to check you are getting enough calcium in your diet:

1. Look at the list of non-dairy calcium sources (overleaf) to see how much you would usually eat
2. Add up the total amount of stars
3. Check the table of calcium recommendations and total stars for different age groups to see if you have enough calcium

How can I meet my calcium needs?

- Make sure you eat foods with good sources of calcium
- Make sure all meals have a minimum of 1 source of calcium
- Use an alternative milk fortified with calcium

What about supplements?

A calcium supplement may be of benefit if you are still struggling to get enough calcium from your diet. These are available at most chemists and supermarkets. Your community pharmacist can advise you.

- Check that any calcium supplements you take do not exceed the recommended requirements
- If you have coeliac disease you need to check the calcium content of gluten free foods and supplements
- If you use dairy free alternatives check they have calcium added (organic products for example often do not)

Vitamin D

It is difficult to make enough vitamin D from sunlight. Sunlight on our skin provides us with 90% of our vitamin D intake between April – September, the rest of the year we would recommend a supplement.

The remaining 10% needs to come from our diet. Good dietary sources of vitamin D include fortified breakfast cereals, some dairy free margarine, egg yolk and oily fish like sardines.

Guidelines around 10ug supplementation.

It is important all people, especially pregnant and breastfeeding women take a 10microgam vitamin D supplement.

NHS Healthy Start vitamins contain vitamin D are available as tablets for women and drops for children up to 5 years old. Please ask you Midwife, Health Visitor or GP for further advice.

Putting in all together:

A 7 Year old could meet their daily calcium requirement if they included this in their day:

Meal	Source of calcium	Calcium (Mg)	Stars
Breakfast	Fortified breakfast cereal (30g) + (150ml) oat milk	320	★★★★★
Lunch	Chicken salad sandwich with 2 x slices of white bread	125	★★★☆☆
Snack	Dairy free yoghurt (125g)	130	★★★☆☆
Total in the day: 575mg = 9^{3/4} stars			

Or

Breakfast	Glass of oat milk (200ml)	240	★★★★★
Lunch	Sardines (50g) on 1 slice of toast	277	★★★★★
Snack	Medium orange	75	★★★☆☆
Total in the day: 592mg = 9^{3/4} stars			

Sources of Calcium	Portion	Calcium (mg)	Stars
Calcium fortified products			
Soya/oat/nut/coconut Milk	200ml glass 1/3 pint	240*	★★★★★
Calcium fortified Soya yoghurt/dessert/custard	125g pot	120-150*	★★
Calcium enriched orange Juice	150ml glass	180*	★★★
Calcium fortified breakfast cereal	30g	130-150*	★★
Breads and Cereals			
Muesli (swiss style)	60 (4 tablespoons)	55	★
White bread (sliced)	2x 36g medium slices	125	★★
Hovis Best of both (sliced)	2 x 36g medium slices	360*	★★★★★★
Wholemeal bread (sliced)	2 x 36g medium slices	75	★
Pitta bread	75g	105	★
Chapatti	55g	35	★
Fish			
Sardines	100g (1 small tin)	430	★★★★★★★
Pilchards (tinned in tomato sauce)	140g (1 small tin)	350	★★★★★★
Crab	100g (1 small tin)	120	★★
Salmon	100g (1 small tin)	100	★★
Whitebait	50g	430	★★★★★★★
Prawns	60g (averaged shelled portion)	65	★
Breaded Scampi	75g (5 pieces)	160	★★
Fish Paste	35g (1 small jar)	100	★★
Vegetarian			
Tofu	50g	255	★★★★
Dahl/lentils Cooked	40g (1 tablespoon)	10	★
Tahini Paste	19g (1 heaped tablespoon)	130	★★
Fruits and Vegetables			
Broccoli	80g cooked portion (2 spears)	30	★
Orange	160g (1 medium orange)	75	★
Sources with reduced absorption (not to be used as main source of calcium) <i>No matter how much you take, these only count as 1 star</i>			
Almonds	30g	70	★
Spinach	45g cooked	61	★
Beans	250g	120	★
Chia seeds	28g	180	★
Kale raw	67g	90	★
Dried figs	4	53	★
Okra	½ cup 80g	61	★

*Taken from manufacturer's data and could change. Please check labelling for calcium content.
If you have allergies, please check the above are suitable.

Contacts

Telephone: 01274 365108 (8:30am-4:30pm)

Answerphone available outside of office hours.

Email: dietitians.office@bthft.nhs.uk

Website: www.bradfordhospitals.nhs.uk/dietetics

Next Generation Text

We use Next Generation Text for people with hearing difficulties. To contact us please ring 18001 01274 365108.

If you need this information in another format or language please ask a member of staff to arrange this for you.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.