Contact information

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Calcium and a milk free diet

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Calcium is important for strong bones and teeth. During childhood and adolescence, bones grow at their fastest rate. During this time calcium is laid down in bones as they get bigger and stronger. Bones reach their maximum strength (peak bone mass) by the mid to late twenties. After this time calcium starts to be lost from bones and they become less dense and strong. This means that during childhood there is a once in a lifetime opportunity to build strong bones. A good calcium intake will ensure this happens.

**How much calcium?**
Examples of how to meet calcium requirements:

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Calcium Requirement</th>
<th>Provided by:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Soya/oat milk/formula</td>
<td>AND Soya yogurt/dessert</td>
</tr>
<tr>
<td>0-1</td>
<td>525mg</td>
<td>600ml formula</td>
<td>125g pot</td>
</tr>
<tr>
<td>1-3</td>
<td>350mg</td>
<td>200ml</td>
<td>125g pot</td>
</tr>
<tr>
<td>4-6</td>
<td>450mg</td>
<td>300ml</td>
<td>125g pot</td>
</tr>
<tr>
<td>7-10</td>
<td>550mg</td>
<td>250ml</td>
<td>2 x 125g pot</td>
</tr>
<tr>
<td>11-18 Boys</td>
<td>1000mg</td>
<td>500—600ml</td>
<td>2 -3 pots</td>
</tr>
<tr>
<td>11-18 Girls</td>
<td>800mg</td>
<td>500—600ml</td>
<td>1– 2 pots</td>
</tr>
<tr>
<td>Breast feeding mothers</td>
<td>1250mg</td>
<td>800ml</td>
<td>2 pots</td>
</tr>
</tbody>
</table>

**Additional Notes**

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Fruit and Vegetables

◊ Orange  75mg
◊ 5 dried apricots  38mg
◊ 100g Cooked spinach / kale  150mg
◊ 100g Cooked broccoli  40mg
◊ 2 dried figs  100mg

Nuts, seeds and pulses

◊ Sesame seeds (1 tablespoon)  80mg
◊ Sesame Snaps  100mg/bar
◊ Baked beans  80mg/100g
◊ Hummus  41mg/100g
◊ Tofu  130-250mg/100g
◊ Brazil nuts  170mg/100g
◊ Almonds  240mg/100g

Bread and cereals

◊ 2 slices white or brown bread  72mg
◊ 2 slices wholemeal bread  39mg
◊ 2 thick slices Hovis best of both bread  478mg
◊ Large white pitta bread  90mg

Fortified cereals

◊ 30g Ready oats  400mg
  (Asda, Morrison, Tesco)
◊ Nestle Cheerios  460mg/100g
◊ Nestle Golden Nuggets  460mg/100g

Drinks

◊ Tropicana Essentials orange juice with added calcium  122mg/100ml
◊ Ribena Plus Healthy Bones  52mg/100ml

Vitamin D

Vitamin D is needed so that the calcium in foods can be used properly by the body. The best source of vitamin D is the sun. Small amounts are also provided by foods such as oily fish, margarine, eggs and fortified breakfast cereals.

In the UK vitamin D is stored in the body during the summer months to last through the winter when there are fewer hours of sunlight. It is important to encourage children to spend some time outdoors everyday, without wearing sunscreen, to get some exposure to the sun. Only a short amount of time is needed to provide enough Vitamin D (approx 15 minutes per day). Take care during the hours of 11am—3pm when the sun is at its strongest.

The recommended daily amount of vitamin D is 10ug for lactating mothers and 7ug for children between 6 months and 4 years.

Note: information correct as of June 2013. Differences will occur by brand. Always check the labels.
**Vitamin Supplements**

Breast fed babies require vitamin D supplements from 6 months of age. Formula fed infants do not require a vitamin supplement unless they are taking less than 500ml formula a day. Children aged 1-5 years of age not on a prescribed milk should take a children’s vitamin supplement which includes vitamins A and D.

Examples of these are:

- Healthy Start vitamins
- Haliborange Children’s Vitamin Syrup
- Abidec
- Dalivit
- Sanatogen Baby Syrup
- Boots Children’s Vitamin Syrup
- Wellkid Vitamins
- Haliborange Calcium & vitamin D softies

**Exercise**

As well as eating a diet containing plenty of calcium, exercise is also needed for strong bones. The best form of exercise are those that are weight bearing such as walking, running, dancing and ball or racket sports. Try to get active for at least 30 minutes everyday to help build strong bones and stay healthy.

**Calcium Counter**

**Milk substitutes**

- Fortified soya milk (e.g. Alpro) 120mg/100ml
- Fortified oat milk (e.g. Oatly) 120mg/100ml
- Fortified rice milk 120mg/100ml

* Rice milk only suitable over 5 years of age
* avoid organic milks due to low calcium levels

**Formulas**

- Nutramigen 1 64mg/100ml
- Nutramigen AA 64mg/100ml
- Nutramigen 2 (older than 6 months) 94mg/100ml
- Neocate LCP 66mg/100ml
- Neocate Active (over 12 months) 95mg/100ml
- Infasoy 63mg/100ml
- Aptamil Pepti 2 63mg/100ml
- Althera 40mg/100ml

**Yogurt or dessert alternatives**

- Soya yogurt (e.g. Alpro) 120mg/125g pot
- Alpro soya custard/dessert 120mg/125g pot
- Oat Supreme ice cream 120mg/100g

**Fish**

- Sardines, tinned with bones 550mg/100g
- 3 fish fingers 50mg
- Pilchards, tinned with bones 300mg/100g
- Tinned salmon 91mg/100g

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