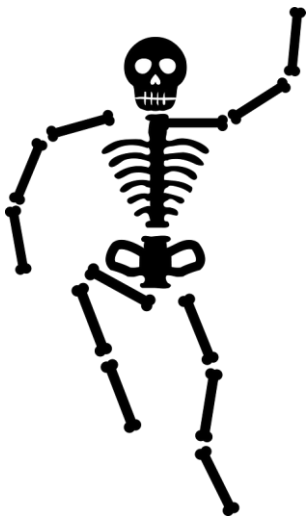


Calcium

This leaflet explains how you can ensure an adequate calcium intake. This may be difficult to achieve, especially if your diet is restricted or you have a cow's milk allergy/intolerance as dairy products usually provide a lot of most people's intake of calcium.

The amount of calcium you need depends on your age.



What is Calcium and why do we need it?

- Calcium is essential for the development and maintenance of strong bones and teeth.
- It is an essential nutrient throughout life for everyone and is especially important in children, adolescents and breastfeeding mums.
- A poor calcium intake can be an important contributory factor in the development of osteoporosis (brittle bones) later in life.

How much do I need?

Age	Calcium per day
Under 1 year	525mg OR 9 Calcium stars*
1 - 3 years	350mg OR 6 Calcium stars
4 - 6 years	450mg OR 6.5 Calcium stars
7 - 10 years	550mg OR 9 Calcium stars
11 – 18 boys	1000mg OR 17 Calcium Stars
11 – 18 girls	800mg OR 13 Calcium Stars
	*1 Calcium Star = 60mg Calcium



You might find it easier to count the stars in a day rather than the numbers – see the examples below of foods that contain calcium.

Try to have a mixture of different calcium-containing foods each day, and make sure you meet the right number of stars!

Dairy & Dairy Free		
Food	Calcium Content	How many stars?
200ml Cows' milk	240mg	★ ★ ★ ★
200ml Soya or oat milk (enriched with calcium)	240mg	★ ★ ★ ★
200ml Lacto Free milk	240mg	★ ★ ★ ★
200ml Almond milk	32mg	½ a star
30g Soya cheese	30mg	½ a star
30g Cheddar cheese	240mg	★ ★ ★ ★
120g Yogurt	200mg	★ ★ ★ and 2/3
120g Soya yogurt	150mg	★ ★ and ½
Horlicks (10g) made up with cow's milk	400mg	★ ★ ★ ★ ★ ★ and ½
Cereals and breads		
30g Multigrain Cheerios	157mg	★ ★ and ½
30g Cookie Crisp cereal	225mg	★ ★ ★ and ¾
30g Golden Nuggets	147mg	★ ★ and ½
30g Ready Brek	402mg	★ ★ ★ ★ ★ ★ and ¾
1 slice 'Vitamin Boost' 50/50 bread	150mg	★ ★ and ½
1 slice 'Best of Both' bread	134mg medium 168mg thick	★ ★ to ★ ★ and ½
Anything else!		
100g sardines (whole including bones)	500mg	★ ★ ★ ★ ★ ★ ★ ★ and 1/3
90g Scampi in breadcrumbs	190mg	Over ★ ★ ★
12 Almonds	65mg	★
1 small tin baked beans	75mg	★
100g spinach	160mg	★ ★ and 2/3
100g dark green veggies (Kale / broccoli)	50mg	★

There are lots more fortified cereals and breads – check the information on the label to make sure.

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