**Sources of Calcium**

***for a milk free diet***

Milk and dairy products are excellent sources of calcium. It is important to ensure we have plenty of calcium when following a milk free diet.

This leaflet gives an idea of how much calcium each person needs per day. It also lists good sources of calcium on a milk free diet. When shopping please check that all ingredients are suitable for the diet.

**Age Aim for a minimum of:**

0 – 12 months 13 points

1 – 3 Years 9 points

4 – 6 years 12 points

7 – 10 years 14 points

11 – 18 years Girls – 20 points Boys – 25 points

Breast feeding 32 points

\* 1 calcium point is equivalent to 40mg (1mmol) calcium

Calcium points of specialist formula feeds

|  |  |
| --- | --- |
| **Formula** | **Calcium points per 100ml** |
| Aptamil Pepti 1 | 1.2 |
| Nutramigen LGG 1 | 1.9 |
| Neocate LCP | 1.6 |
| Similac Alimentum | 1.9 |

Dietetic Department

The Royal Hospital for Children

Glasgow

0141 451 6443

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| --- | --- | --- | --- | --- |
| **Food group** | **Food name** | **Amount** | **Household measure** | **Number of calcium points** |
| **Plant- based milk substitutes** | Soya, oat, nut, coconut or pea based milks. (Rice-based milk substitutes are not suitable for children under 4.5years)  \*Check coconut milk carefully as some also contain rice milk\*  \*Ensure fortified with Calcium and Iodine\* | 100ml | ½ glass | 3 |
| Soya, oat or coconut yogurt-style desserts   e.g. Alpro, major supermarkets own brands, KoKo, Coconut Collaborative & Oatly)  \*Ensure these are calcium-fortified\* | 100g | Pot | 3 |
| **Bread & cereal products** | White bread | 40g | 1 medium slice | 1 |
| Wholemeal bread | 80g | 2 medium slices | 1 |
| Calcium fortified bread e.g. Hovis Best of Both,  Warburtons Half Half,  Kingsmill 50/50 Vitamin boost, Burgen Soya & Linseed loaf | 38-40g | 1 medium slice | 3 |
| Chapatti/ Pitta Bread | 60g | 1 Chapatti | 1.5 |
| Calcium fortified cereals e.g.Cheerios,  Bear Alphabites, Rice Krispies Multigrain | 30g | Average portion | 4 |
| Fortified oat hot breakfast cereals Eg Ready Brek\*/ Asda Ready Oats  *\*made in factory with other milk containing products, check with your Dietitian if you are unsure whether you can use* | 30g | Average portion | 10 |
| **Fruit & vegetables** | Broccoli | 45g | 2 spears | 1 |
| Spinach | 45g | Small portion | 2 |
| Orange | 100g | Average orange | 1 |
| Clementine/ Tangerine | 100g | 2 fruits | 1 |
| Dried figs | 30g | 2 figs | 2 |
|  | Kale | 80g | 4 heaped tablespoons | 4.5 |
| Pak Choy | 80g | 4 heaped tablespoons | 1.5 |
| Brussel Sprouts | 80g | 4 sprouts | 0.5 |
| **Nuts & Seeds**  (whole nuts unsuitable for under 5 years but nut butters are encouraged) | Hazelnuts | 30g |  | 2 |
| Almonds | 30g |  | 2 |
| Tahini Paste | 30g | 2 tablespoons | 1 |
| Poppy seeds | 15g | 1 tablespoon | 3 |
| Sesame seeds | 15g | 1 tablespoon | 2 |
| Chia seeds | 30g | 2 tablespoons | 4.5 |
| **Meat, meat alternatives, fish, beans and pulses**  \*take care in children | Kidney beans | 80g | 3 heaped tablespoons | 3.5 |
| Chickpeas | 80g | 3 heaped tablespoons | 1 |
| Soya beans | 80g | 3 heaped tablespoons | 1.5 |
| Baked beans | 90g | ½ small tin | 1 |
| Lentils | 80g | 3 heaped tablespoons | 1.5 |
| Soya bean curd/ tofu (only if set with calcium chloride (E509) or calcium sulphate (E516) | 60g |  | 5 |
| Egg |  | 1 egg | 1 |
| Fish Finger | 60g | 2 fish fingers | 1.5 |
| Fishcake | 135g | 1 fish cake | 3.5 |
| Tinned salmon (with bones\*) | 60g | ½ tin | 1 |
| Tinned sardines (with bones\*) | 60g | ½ tin | 6.5 |
| Scampi in breadcrumbs | 90g | 6 pieces | 5 |

**Vitamin D and Calcium**

Vitamin D helps the absorption of calcium from foods. The majority of our Vitamin D is made by the action of sunlight on the skin. In Scotland, we only get enough of the right kind of sunlight for our bodies to make vitamin D between April and September, mostly between 11 am and 3 pm.

From October to March, we need to rely on dietary sources of vitamin D. Since vitamin D is found only in a small number of foods, it might be difficult to get enough from foods that naturally contain vitamin D and/or fortified foods alone.

Good food sources are oily fish and eggs. Other food sources include fortified foods such as breakfast cereals and spreads.

The Scottish Government recommends daily Vitamin D supplementation in the following groups:

* **Breastfed babies from birth to 1 year of age** should be given a daily supplement containing 8.5 to 10 micrograms (340 to 400 IU) of vitamin D to make sure they get enough\*
* **Children aged 1 to 4 years old** should be given a daily supplement containing 10 micrograms of vitamin D (400 IU)
* **Breastfeeding women** should take a daily supplement containing 10 micrograms of vitamin D (400 IU)

*\*As infant formula is fortified with vitamin D, formula-fed babies should not be given a vitamin D supplement until they are having less than 500ml (about a pint) of infant formula a day*

**Further information can be found:**

https://www.gov.scot/publications/vitamin-d-advice-for-all-age-groups

https://www.bda.uk.com/resource/vitamin-d.html