

Calcium Rich Milk-Free Diet

Milk and dairy foods are excellent sources of calcium. If you avoid dairy, it's important to include other calcium-rich foods in your diet every day. Use this resource to find out how many calcium points you need and which foods can help you reach them.

Daily Calcium Targets

6 - 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
Breastfeeding parents	32 points

Check ingredients
are milk-free



Ensure plant based drinks
are fortified with calcium
and iodine



Rice drinks are not
recommended under 5 years
due to arsenic content



1 calcium point is equivalent to 40mg (1mmol) of calcium

Sources of Calcium



Fortified plant-based drinks



Fortified breads



Fortified yoghurt-style alternatives



Fruit & vegetables



Fortified plant-based cheese



Nuts & seeds

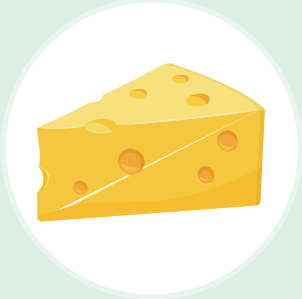
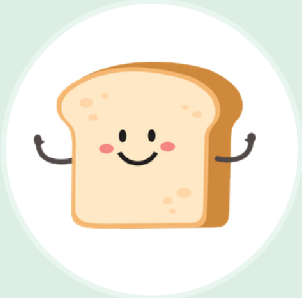


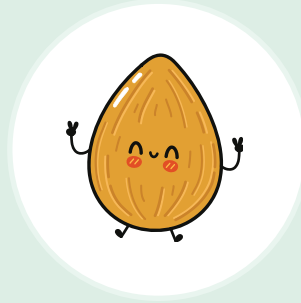
Fortified oats & cereal



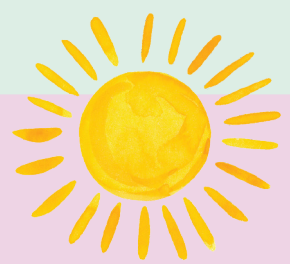
Beans, pulses, fish, eggs and
other proteins

Food Group	Food Name	Points
Breast milk and Specialist infant formula	Breast milk is a good source of calcium for your baby. The amount of calcium in breast milk varies between individuals. Breastfeeding parents may want to consider taking a calcium supplement if they are struggling to meet their requirements through diet alone	
	Aptamil Pepti 1	1.5
	Neocate LCP	2
	Other formula options are available and have a similar calcium content	
Fortified plant-based options		
	Plant-based drinks E.g. soya, oat, nut, coconut, or peas-based drinks Tips ✔ Choose options fortified with calcium for bone health and iodine for brain development ⚠ Soya and oat drinks are preferred for dinking because they are usually closest to cows' milk in calories and protein ⊘ Avoid drinks labelled 'toddler' or 'growing-up' due to sugar content ⊘ Avoid rice drinks in children under 5 years and check the ingredients list, as some dairy-free products may contain a blend of plant drinks	3
 (per 100ml or grams)		
	Calcium-fortified yoghurt and dessert alternatives (soy, oat, almond or coconut based) e.g. Oatly, Alpro, KoKo, supermarket own brand	3

Food Group	Food Name	Points
Plant-based alternatives to cheese		
 Per 30g portion (unless otherwise stated)	1 x 'Babybel Plant-based' 'Sheese cheddar Flavour'	3.5
	'Tesco' Free from Coconut Oil alternative to grated Mozzarella	2
	'Cathedral City Plant-based' 'Applewood Plant-based' block	1
	'Asda' Free from grated Mature Cheddar alternative	
Bread products		
	1 medium slice of calcium fortified bread e.g. 'Hovis best of both', 'Kingsmill 50/50 vitamin boost'	4
	1 medium slice of white bread	2
	1 white pitta bread	
	1 medium slice of wholemeal bread	1
	1 wholemeal pitta bread	
1 Chapati		
Cereals		
 Per 30g dry portion	Fortified instant oats E.g. 'Ready brek', 'Asda' Ready Oats, 'Tesco' Super Smooth Porridge	10
	Calcium fortified breakfast cereals E.g. 'Cheerios'	4
	'Rice Krispies Multigrain shapes'	3.5

Food Group	Food Name	Points
Fruit 	2 dried figs	1
	1 medium orange	
	2 small clementines	
	Small handful of dried apricots	
Vegetables 	Kale (4 heaped tbsp)	4
	Pak choi (4 heaped tbsp)	2
	Okra / lady fingers (4-5)	
	Brussel sprouts (4-6 sprouts)	1.5
	Broccoli (3-4 boiled spears)	1
	Spring greens (4 heaped tbsp)	
Nuts and seeds 	Chia seeds (30g / 2 tbsp)	4.5
	Poppy seeds (15g / 1tbsp)	3
	Sesame seeds (15g / 1tbsp)	2.5
	Hazelnuts (30g / 2tbsp)	2
	Almonds (30g / 2 tbsp)	
	Tahini paste (30g / 2 tbsp)	1
	 Whole nuts are not suitable for children under 5 due to choking risk. Nut butters are a safer option.	

Food Group	Food Name	Points
Beans, pulses, fish, eggs and other proteins 	Tinned sardines (60g / 1/2 tin)	1
	Soya bean curd / tofu (60g) (set with calcium chloride (E509) or calcium sulphate (E516)	6
	Breaded scampi (90g / 6 pieces)	5
	1 Fishcake	3.5
	1 Egg	
	2 Fish fingers	
	Tinned salmon (60g / 1/2 tin)	
	Kidney beans (80g / 3tbsp)	1.5
	Soya beans (80g / 3 tbsp)	
	Baked beans (100g / 1/2 tin)	
	Red lentils (80g uncooked / 3 tbsp)	1
	Chickpeas (80g / 3 tbsp)	



Vitamin D

Vitamin D helps us absorb calcium from food, supporting healthy bone and teeth development. A lack to vitamin D can lead to rickets in children.

Most of our vitamin D is made by the action of sunlight on the skin.

In Scotland, there is generally enough sunlight to produce vitamin D between April and September. To protect our skin, it is important to use sunscreen, cover up, and seek shade when needed. However, these measures can reduce the skin’s production of vitamin D. From October to March, sunlight in Scotland is not strong enough for adequate vitamin D production, so supplementation is recommended.

Vitamin D Food Sources and Supplementation

Only a small number of foods contain vitamin D.

These are oily fish, such as mackerel, salmon, sardines and eggs, especially egg yolk. Some other sources include fortified cereals, mushrooms, spreads and yoghurts.

Even eating these foods every day is usually not enough to meet your vitamin D requirements and supplements are recommended.

The Scottish Government recommends daily vitamin D supplementation in the following groups all year round:

- Babies 0-12 months: 8.5-10mcg (340-400IU)*
- Children 1-5 years: 10mcg (400IU)
- Pregnant and breastfeeding women and parents: 10mcg (400IU)
- People who have low or no exposure to the sun
- People from minority ethnic groups with dark skin

*As infant formula is fortified with vitamin D, formula-fed babies should not be given a vitamin D supplement unless taking less than 500ml (17oz) of infant formula a day.

Vitamin D drops are available free of charge from pharmacies for children under 3 years of age.

Speak to your family nurse, health visitor or a pharmacist for more information on vitamin D or check out the links below:

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

 www.nhsggc.scot/your-health/early-years/vitamin-d/

