

Community Children's Nursing Service (CCNS)

Nutrition and Dietetics

East London Foundation Trust

Contact details:

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Tell us what you think (We would appreciate and welcome your feedback to continually improve our services.

Your responses will be kept confidential).

References:

<https://www.newham.gov.uk/children-families/healthy-start-child>

<https://www.bda.uk.com/resource/calcium.html>

<https://cks.nice.org.uk/topics/vitamin-d-deficiency-in-children/prescribing-information/calcium-supplements/>

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Information for Parents and Careers

Increasing Calcium in Children's Diet



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Notes

The table below lists dairy food products and their calcium content:

Food Item	Quantity (grams or ml)	Calcium (mg per day)
Cows Milk (including Lactose free)	100ml	120
Sheep Milk	100ml	170
Goats Milk	100ml	100-120
Cheese (Cheddar)	30g	222
Cheese (Edam/ Halloumi)	30g	238
Cheese (Cottage)	30g	38
Cheese Triangle	1 triangle (15-17.5g)	84-138
Yoghurt (plain)	120g	193
Fromage Frais	1 pot (47-85g)	80-128
Rice pudding/ custard pots	1 pot (55g)	60
Malted milk drink	25g serving in 200ml semi skimmed milk	444-800
Rice pudding	200g (Large tin)	198
Custard (tinned)	1 serving (120ml)	110-127ml
Milk Chocolate	30g	68



The table below lists Non-dairy food products (calcium fortified) and their calcium content:

Food Item	Quantity (grams or ml)	Calcium (mg per day)
Calcium-fortified plant-based alternatives to milk e.g. soya, oat, nut, coconut, pea, rice* drinks	100 ml	120-189
Soya bean curd/tofu (only if set with calcium chloride (E509) or calcium sulphate (E516), not nigari)	100g (uncooked weight)	350-400
Calcium-fortified soya, coconut or oat yoghurt and soya dessert or custard	100g	120-211
Calcium-fortified coconut cheese	1 portion (30g)	45-221
Calcium-fortified infant cereals	1 serving (20g)	120
Calcium-fortified cereals	30g serving	136-174
Calcium-fortified instant hot oat cereal	1 tbsp. dry cereal (15g)	200
Calcium-fortified bread	1 slice (37-50g)	84-179
Sardines (with bones) (in tomato sauce, olive oil, brine)	½ tin (60g)	273-407
Pilchards (with bones)	1 serving (60g)	150
Tinned salmon (with bones)	½ tin (106g)	115 (pink), 174 (red)
Whitebait	1 small portion (50g)	430
Scampi in breadcrumbs	6 pieces (90g)	90
White bread	2 large slices (100g)	155
Wholemeal bread	2 large slices (100g)	106
Pitta bread/chapatti	1 portion (65g)	90
Orange	1 medium (120g)	29
Broccoli, boiled	2 spears (85g)	36
Spring greens	1 serving (75g)	56

Suggestions to get extra Calcium in the diet:

- Aim for 2 - 3 portions of dairy foods or dairy alternatives per day.
- Start the day with cereal made with milk or a milk alternative.
- Include green vegetables such as broccoli at mealtimes.
- Give desserts such as yogurt or custard (or fortified alternatives such as soya or coconut).
- Use tinned sardines or pilchards (with bones) instead of tuna in a sandwich or on toast.
- Offer calcium-fortified fruit juice (e.g. Tropicana® calcium orange juice). Offer fruit juice no more than once per day (to prevent tooth decay) and dilute well with water

Supplementation:

Calcium supplements are available free of charge to women and children who are eligible for Healthy Start vouchers. If you are concerned your child is not meeting their daily requirement please ask your Dietitian or GP for advice. Age appropriate calcium supplements are available from chemists, pharmacies and supermarkets.



Calcium and Vitamin D

To absorb the calcium from our diets we need vitamin D. Vitamin D is known as the 'sunshine vitamin'.

The Government guidelines advise that all babies and children under five years should be given vitamin D supplements even if they do get out in the sun. Babies up to the age of one year need **8.5 to 10 micrograms** of vitamin D per day. Children over the age of one and adults need **10 micrograms** of vitamin D per day.