

Boosting Calcium Intake

Information on how to optimise the amount of calcium in your child's diet.

Calcium is an essential mineral required for building and maintaining strong, healthy bones and teeth. A diet low in calcium can lead to poor growth and an increased risk of fractures later in life. Bone strength starts to decline from young adulthood, therefore it is important to maximise calcium intake during childhood and adolescence.

How much calcium does my child need?

Toddlers 1-3 years	500mg
Children 4-8 years	700mg
Children 9-11 years	1000mg
Adolescents 12-18 years	1300mg

Vitamin D plays an important role with bone and teeth health as it helps the body absorb calcium. Some foods such as oily fish and eggs contain small amounts of vitamin D; however, the amount of vitamin D in our diet has only a small effect on the amount of vitamin D in our body. Our body makes its own vitamin D from skin exposure to the sun, therefore daily exposure to the sun (whilst also being sun smart) is important.

Calcium in food

Dairy products are a rich source of calcium. A simple way to ensure that you are getting enough calcium is to include three serves per day of dairy foods such as milk, yoghurt or cheese. If you have a food allergy or do not like dairy products it is still possible to meet your needs through other foods by choosing some of these calcium-rich foods.

Food	Calcium	Food	Calcium
Cow's milk (100ml)	120mg	Calcium fortified soy, *oat, *rice or *almond beverage (100ml) *ensure extra fat and protein in diet	120mg
Cow's milk yoghurt (120g)	120-200mg		
Cow's milk cheese 20g (1 slice)	125mg	#Almonds 30g (1 handful) #crush for younger child	75mg
Kingland Dairy Free Yoghurt (125g)	134 to 125mg	Tahini (sesame paste) 1tbsp	65mg
Fancy Plants Rice Pudding 110g	117mg	Bony fish ie. sardines, tinned salmon 90-100g (must eat the bones) Or calcium rich fish e.g. John West Calcium Rich Tinned Tuna 78g	250mg
Fancy Plants Chia Pot 150g (vanilla, chocolate + coconut)	108 to 135mg		838mg
Cocobella Yoghurt Pouch 110g	124mg	Chobani Dairy Free Oat Yoghurt (150g)	99mg
Vitasoy Greek Style Soy Yoghurt (140g)	168mg	Made with Plants Cheese 40g	260 to 288mg

Tofu (made using calcium sulphate) 100g	120mg	Chia seeds (1 tbsp)	80mg
Boiled spinach, broccoli or raw parsley (1/2cup)	30-66mg	Calcium fortified OJ (Berri Juice with Calcium) 200ml	220mg

Calcium supplements

Calcium supplements are available over the counter at chemists and supermarkets. They are used to supplement the diet if the dietary intake of calcium is low. Some calcium supplements are listed below that you may like to try. Ask your pharmacist for more information regarding the below products.

Supplement Name	Description	Calcium Amount/tablet	Vitamin D amount/tablet	Allergen info
Calci-tab	Chalky tablets that can be crushed or swallowed whole	600mg	Nil	Milk, soy, gluten, egg and rice free.
Cal-sup	Chewable spearmint flavoured tablet	500mg	Nil	Milk, soy, gluten free
Caltrate varieties	Chalky tablets that can be crushed or swallowed whole	600mg	0-1000IU	Milk, egg, soy free
Nature's Way Adult Vita Gummies calcium and Vitamin D	Vanilla pastilles	200mg	Vit D 333IU	Milk, soy and gluten free
Nature's Way Kids Smart Calcium and Vitamin D	Chewable strawberry flavoured soft capsule	200mg	300IU	Milk + gluten free Contains soy
Nature's Way Kids Smart Bones, Teeth, muscles Calcium and Vitamin D	Chewable raspberry tablet	400mg	Vit D 350IU	Milk free. Contains soy + gluten
Ostelin Calcium and Vitamin D3	Chalky tablet, can crush & add to food	600mg	Vit D 500IU	Milk, egg, gluten + rice free. Contains soy
Ostelin Kids Vitamin D and Calcium	Chewable berry flavoured tablet	350mg	Vit D 300IU	Milk, soy, egg, gluten + rice free.
Ostelin Vitamin D & Calcium	Chewable citrus flavoured tablet	600mg	Vit D 500IU	Milk, soy, egg, gluten + rice free.

For information



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(Office Hours 8am to 4pm Monday to Friday. Messages left outside of these hours will be responded to within 3 working days)



For interpreting services call **131 450**

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