

Calcium

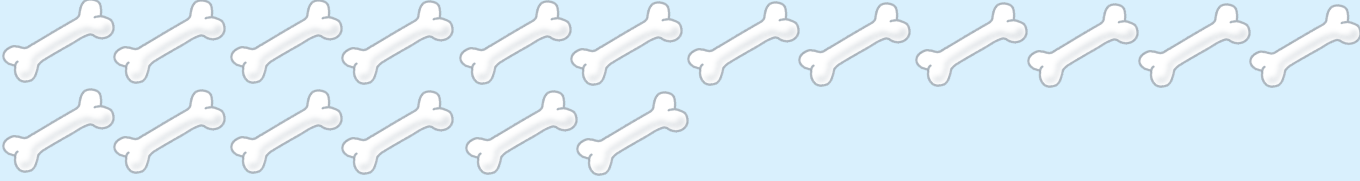
Meeting your needs on a dairy free diet

Why do we need calcium?

Calcium is a mineral that the body needs to make strong, healthy bones and teeth. Our body will get calcium from the foods we eat. The main dietary sources of calcium for most people are dairy and dairy products. For a child or breastfeeding mum that is excluding dairy from their diet, it is important to make sure you are eating other calcium rich food sources to meet your daily requirements.

Daily calcium requirements

Check how much calcium (how many bones you need) and see the foods which can help you to get enough

0-12 months	525mg	
1-3 years	350mg	
4-6 years	450mg	
7-10 years	550mg	
Male 11-18 years	1000mg	
Female 11-18 years	800mg	
19+ years	700mg	
Breastfeeding	1250mg	

Approximately 60mg calcium = 1 x 

Calcium rich, dairy-free food ideas

Dairy Alternative Drinks		
Calcium fortified plant-based drinks e.g. oat/soya/nut/coconut	240-340mg per 200ml	
Dairy free yoghurts / desserts		
Calcium fortified soya yoghurt e.g. Alpro / Supermarket own	120-160mg per 100g	
Calcium fortified coconut yoghurt e.g. KoKo / Andros Nutritious Delicious	120-160mg per 100g	
Calcium fortified dessert pot e.g. Alpro Custard/Alpro Hazelnut/ Alpro Vanilla/ Tesco Crème Caramel alternative	120mg per 100g	
Dairy free Cheese Alternatives		
Calcium fortified dairy free cheese alternatives e.g. Applewood / Bute Island / M&S / Tesco / Sainsbury's / Asda/ Nurishh / Ilchester / Sheesh / Vitalite	20mg-50mg per 30g	Varies depending on brand
Cereals		
Calcium fortified cereal e.g. Cheerios/ Multigrain shapes/Rice Krispies	130-157mg per 30g	
Fortified oat cereal e.g. Ready Brek, Asda Ready Oats/Morrison's super smooth porridge	400mg per 30g	

Bread		
White/Wholemeal bread	40-70mg per slice	
Hovis best of both	180mg per medium slice / 225mg per thick slice	
Kingsmill Vitamin Boost 50:50	150mg per slice	
Jacksons Bloomin' Both (Soya free)	180mg per medium slice	
Pitta bread/chapatti	60mg per average portion (65g)	
Crumpet	70mg per crumpet	
English muffin (white)	90mg per muffin	
Malt loaf	54mg per slice	

Beans/Nuts/Seeds		
Tofu -if set with calcium chloride (E509) or calcium sulphate (E516) NOT nigari	200mg per 60g	
Tahini sesame paste	100mg per 15g	
Baked Beans	75mg per 150g	
Chickpeas	60mg per 150g	
Red Kidney Beans	71mg per 100g	
Almonds – can be given as a smooth nut butter for children (whole nuts not suitable for children under 5 years old)	60mg per 25g (~12 almonds)	

Protein Sources		
Anchovies	150mg per 50g	
Tinned sardines (with bones)	250mg per 50g	
Tinned pilchards (with bones)	125mg per 50g	
Scampi in breadcrumbs	190mg in ~ 6 pieces	
Whitebait	430mg in 50g	

Fruits/Vegetables*		
Orange	75mg (medium orange)	
Dried figs	50mg per 1 dried fig	
Dried apricots	60mg (8 dried apricots)	
Spinach	136mg per 80g	
Spring greens	75mg per 100g (boiled)	

*** It is important that you do not rely on dried fruits, green vegetables, beans, seeds and nuts as your only dietary source of calcium.** This is because the calcium from these foods are not as easily absorbed.

For your body to be able to use the calcium from your diet, your body needs vitamin D. Adults and children over 1 years of age usually require a vitamin D supplement to achieve their required levels (see <https://www.bda.uk.com/resource/vitamin-d.html> for more information).

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