

CALCIUM

INFORMATION TO SUPPORT WITH CALCIUM INTAKE

Calcium is an essential mineral needed for building strong bones and teeth during childhood. It is important that children have the recommended nutrients to help with their growth and development.

Calcium

If a child's diet is low in calcium it may lead to bone fractures in their early years and/or weak bones later in life (osteoporosis). If infants do not get enough calcium this may lead to development of Rickets (a disease that causes weak/soft bones, poor growth and may lead to bone deformities).

Calcium and Vitamin D

Vitamin D is also important for bone health because it helps our body absorb calcium. Your child can get vitamin D from being outside in the sun. But too much sun can lead to sunburn so it is still important to use sun protection especially during summer.

Recommended Dietary Calcium Intake

age	mg/day
0 - 6 mths	210
7 - 12 mths	270
1 - 3 yrs	500 or 2 serves per day
4 - 5 yrs	700 or 3 serves per day

Breastfeeding is recommended for up to 2 years and beyond. The recommendation at 12 months is to stop giving any milk in the bottle.



This is because it can cause tooth decay and reduce your child's appetite for solid food.

- Children under 2 years of age, should have full fat milk and dairy products
- Offer full fat pasteurised milk as a drink in a cup at 12 months of age (no more than 500ml per day)
- Toddler milks and special and/or supplementary foods for toddlers are not required for healthy children
- Soy milk which is fortified with calcium can be offered
- Alternate milks or milk substitutes (e.g. goat milk, sheep milk, coconut milk, almond milk) are not recommended due to potential very low levels of nutrients which are needed (folate and vitamin B12)
- Rice and oat milk can be used after 12 months, as long as it is full fat and fortified (at least 100mg of calcium per 100ml), and alternative forms of protein and vitamin B12 are included in the diet. These products are suitable when used only under health professional supervision.



Source	Amount	Calcium Level
Soy milk	100ml	124mg
Tofu	100g	320mg
Broccoli	100g	33mg
Nut paste	1½ tablespoons	10mg
Chickpeas	100g	45mg
Bok choy	100g	87mg

Yoghurt (plain, low fat)	100g	244mg
Cheese (cheddar)	100g (1 slice is 21g)	762mg
Milk (regular)	100ml	122mg
Boiled egg	1 medium egg	21mg
Snapper	100g	163mg

TIPS TO MAKE SURE YOUR CHILD GETS ENOUGH CALCIUM:

- Offer milk every day in a cup (no added flavours or sugar is recommended)
- Yoghurt can be used in soups, dips and salads, mixed with fresh fruit or breakfast cereal
- Milk on breakfast cereal e.g. oat porridge
- Try soy based products and tofu
- Ricotta or cream cheese on toast
- Grated cheese sandwich
- Omelette or scrambled eggs/frittata

