Torbay and South Devon
NHS Foundation Trust

PATIENT INFORMATION

Calcium information sheet

for infants and children following a dairy free diet



Name:

Date:

Given by:

Contact number:

It is very important that children on a cow's milk free diet are meeting their calcium requirements daily.

Calcium and vitamin D is vital for building and maintaining healthy bones, teeth and other important body processes.

Calcium is essential throughout life, however, is especially important for children, adolescents, breastfeeding and postmenopausal women.

This booklet will help you to meet your child's calcium requirements when following a restricted/dairy free diet.

Calcium requirements are as follows:

- 0 to12 months of age: **525mg a day**
- 1 to 3 years of age: **350mg a day**
- 4 to 6 years of age: **450mg a day**
- 7 to 10 years of age: **550mg a day**
- 11 to 18 years of age (male): **1000mg a day**
- 11 to 18 years of age (female): **800mg a day**

Breastfeeding mums should ensure they are having **1250mg of calcium a day**.

Dairy alternative milks and calcium per 100mls:

- Soya Milk: **120mg**
- Oat Milk: **120mg**
- Coconut Milk: **120mg**
- Almond Milk: **120mg**
- Pea Milk: **120mg**
- Hemp Milk: **120mg**
- Hazelnut Milk: **120mg**
- Mighty High Protein Pea Milk Alternative (unsweetened): **180mg**

There are 3 very fortified dairy alternative milks. These contain a variety of vitamins and minerals in higher amounts:

Fortified dairy alternative milks and calcium per 100mls:

- Alpro Soya Growing Up Milk: **120mg**
- Alpro Oat Growing Up Milk: **120mg**
- Koko Kids Growing Up Milk: **170mg**

We would not recommend organic dairy alternative milks as these are not fortified with calcium.



Please note that rice milks are not appropriate for infants and children under the age of 5 years of age. This is due to the naturally occurring levels of arsenic, which is too high for infants.

Does my child need milk?

Dairy products are the main source of calcium in most people’s diets in the UK.

Using plant-based alternatives that are fortified with calcium can help meet your child’s requirements.

It is important to be aware that not all dairy alternatives contain calcium, so it is important to check that the dairy alternative you use, is fortified with calcium.

When trying to meet calcium requirements, look on food labels for the calcium content.

Yoghurt or dessert style



- Oatly Oatgurt Greek Style: **120mg calcium per 100mls**
- Alpro high protein soya yoghurts (variety): **120mg calcium per 100mls**
- Alpro soya dessert pots (various flavours): **120mg calcium per 100mls**
- Alpro plant-based soya custard: **120mg calcium per 100mls**
- Petits Filous Kids Dairy Free pots: **120mg per 95g**
- Wot no dairy pea protein yoghurt (145g): **398mg**

Cheese

- Babybel Plant-Based Vegan Snack: **136mg per Babybel**
- Cheezly Soya Cheese (30g portion): **90mg**
- Cathedral City Plant Based Cheese (30g portion): **39.9mg**
- Violife Cheddarton Cheese Alternative (30g portion):**42mg**
- Asda Free From Grated Mozzarella Alternative: **45mg per 30g**
- Sheese Plant Based Mozzarella Cheese Grated: **450mg per 100g**
- Asda Free From Soft Cheese Alternative: **150mg per 100g**
- Sainsbury's Free From Coconut Alternative Soft Cheese: **45mg per 30g**

Please note that most dairy free spreads, creams, ice cream and chocolate products, often do not contain calcium.









Cereals

- Nestle Multigrain Cheerios: **80mg in 15g serving**
- Kellogg's Rice Krispies Multigrain Shapes: **68mg in 15g serving**
- Ready Brek original porridge oats: **201mg in 15g serving**
- Sainsbury's Ready Oats: **201mg in 15g serving**
- Asda Ready Oats: **201mg in 15g serving**
- Farley's Rusks Original: **66mg per rusk**

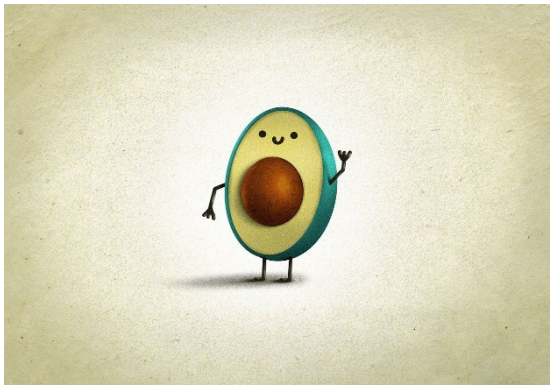
Bread

- Hovis Best of Both: **1 slice (38g to 47g) 179mg to 225mg**
- Warburtons Half & Half: **1 slice (42g to 50g) 84mg to 100mg**
- Kingsmill 50/50 Bread Vitamin Boost: **150mg per slice**
- Naan bread: **256mg per 160g**
- Pitta Bread: **68mg per 75g**
- White soft roll: **54mg per 45g**
- Brown soft roll: **25mg per 45g**
- French stick bread: **52mg per 40g**

If your child has a soya allergy, check bread label for ingredients.

Fruit and vegetables

- Orange: **75mg for 1 medium**
- Spinach: **160mg per 100g**
- Dried figs: **170mg for 3**
- Dark green vegetables (broccoli/peas/sprouts): **50mg per 100g**
- Kiwi: **15mg 1 fruit**
- Avocado: **16mg per 145g**
- Kale: **150mg per 100g**



Fish

- Scampi in breadcrumbs: **45mg 3 pieces (45g)**
- Tinned salmon (with bones): **57mg per 52g (half tin)**
- Sardines (with bones): **258mg per 60g (half tin)**

Others

- Cauldron Vegan Tofu: **401mg per 100g**
- Tofu (soya bean curd): **255mg per 50g**
- Sunflower or sesame seeds: **85mg 1 tablespoon**
- Red kidney beans: **100mg 2 heaped tablespoons**
- Baked beans: **75mg per 150g**
- Tahini: **129mg 1 tablespoon**
- Chickpeas: **15mg 1 tablespoon**
- Broad beans, cooked: **34mg 1 tablespoon**

Drinks



- Tropicana calcium and vitamin D: **145mg per 100mls**
- Libby's apple juice: **68mg per 100mls**

It is recommended that all children (up to 5 years of age) living in the UK are provided with a children's age-appropriate multivitamin and mineral supplement, which contains vitamin D.

A small number of foods contain vitamin D. These include oily fish and eggs, spreads. Vitamin D is essential for absorption of calcium.

Mission statement

Within available resources, the Department of Nutrition and Dietetics mission is to:

- Raise awareness of the importance of nutrition and apply evidence-based dietetic practice in Health Promotion, Disease Prevention and Treatment of Acute and Chronic Medical Conditions.
- Provide access to the best independent nutrition and dietetic advice and education for patients, carers and all health care professionals.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

26031/VX/Dietetics/TSDFT/11.26/Review Date 11.28