

## Sources of Calcium

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Dietitian: \_\_\_\_\_

This diet sheet is part of a personal plan for the named individual under guidance from a HCPC  
Registered Dietitian/ Health Care Professional

## Calcium Requirements

The Reference Nutrient Intake (RNI) is the amount of calcium that will be adequate for most people.

AGE	RNI for Calcium
	<u>mg</u>
Up to 12 months	524
1-3 years	352
4-6 years	452
7-10 years	552
11-18 years male	1000
11-18 years female	800
Adults	700
Breastfeeding women	1250

Using the following list it is possible to calculate the amount of calcium taken in a day and see if it meets the RNI.

All foods are stated as a typical serving.

Most babies aged 6-12 months need approximately 600ml (20oz) of milk alternative each day to ensure they are meeting their nutritional needs. Over 1 year of age this amount reduces to around 350ml (12oz). These amounts do vary according to the child and their diet. Check with your Doctor, Health Visitor or Dietitian if you have concerns about their calcium needs.

Vitamin D is needed by the body to absorb calcium and the best source is from the action of sunlight on the skin.

The Department of Health recommend that a supplement containing vitamin A, C and D should be given to all children aged six months to five years. This is a precaution because growing children may not get enough of these vitamins, especially those not eating a varied diet, such as fussy eaters. Supplements are available to purchase in pharmacies and supermarkets, or may be available on prescription. Ask your Health Visitor for advice.

If you are following a milk free diet avoid all foods with \*\* these contain milk foods with a single \* may contain milk – **please check the ingredients label.**

### \*\*Milk & Milk products

	<u>mg</u>
1/3 pint semi skimmed milk (190ml)	228
1/3 pint skimmed milk	228
1/3 pint whole milk	219
1/3 pint goats milk	190
1 pot yoghurt (150g)	225
1 pot fromage frais (100g)	86
1 scoop ice cream (60g)	72
McDonalds milk shake (298ml)	519
1 tbsp Greek yoghurt (45g)	68

## Milk Free products

	<u>mg</u>
1/3 pint soya milk (unfortified)	25
1/3 pint soya milk (calcium fortified)	266
1 pot (125ml) soya yoghurt	150
1 pot (125ml) soya dessert	150
1/3 pint of So Good Oat drink	280
1/3 pint of Oatley (fortified) Plus Oat drink	228
1/3 pint Junior Soya Milk 1+	190

### Milk substitutes – infant formula:

Aptamil Pepti 1 (100ml)	71
Pepti-Junior (100ml)	50
Nutramigen 1 (100ml)	64
Neocate (100ml)	66
Neocate spoon (1 x sachet)	265
Aptamil Pepti 2 (100ml)	
Nutramigen Lipil 2 (100ml)	90

## \*\*Cheese

	<u>mg</u>
1oz Cheddar (30g)	216
1 oz Brie (30g)	162
1oz Edam (30g)	231
1 small pot cottage cheese (112g)	82
1oz cream cheese (30g)	29
1oz soya cheese (30g)	135
1 slice processed cheese (20g)	120
1 large cheese spread triangle (25g)	105
Soya cheese (25g)	125

## Breakfast Cereals

	<u>mg</u>
Muesli (30g)	33
*Special K (30g)	21
All Bran (30g)	21
Raisin Splitz (40g)	20

## Vegetables

	<u>mg</u>
1 tbsp spinach, boiled (40g)	64
1tbsp spring greens boiled (60g)	45
Watercress, raw (20g)	34
1 tbsp parsnip, boiled (50g)	25
Fried onions (40g)	24
1 tbsp chinese cabbage, raw (40g)	22
1 tbsp white cabbage, raw (40g)	20

## Nuts & Seeds

	<u>mg</u>
1 tbsp tahini (19g)	129
1 tbsp sesame seeds (12g)	80
5 chestnuts (50g)	23
1 small bag dry roasted peanuts (40g)	21
Almonds (50g)	120

Brazil nuts (50g)

85

**NB: Avoid all nuts until 3 years of age and whole nuts until 5 years of age**

## Fruit

	<u>mg</u>
4 figs, dried (80g)	200
4 apricots, ready to eat (120g)	88
Blackcurrants, stewed with sugar (140g)	66
1 orange (120g)	56
Blackberries, stewed with sugar (140g)	45
Redcurrants, stewed with sugar (140g)	39
1 can blackcurrants in juice (140g)	36
Gooseberries, stewed with sugar (140g)	27
1 heaped tbsp currants	24
1 tangerine (50g)	21
3 dates, dried (45g)	20
Calcium fortified fruit juice (200ml)	250

## Beans & Pulses

	<u>mg</u>
Tofu (soya bean curd), (50g)	250
2 tbsp soya beans, cooked (60g)	50
2 tbsp haricot beans, cooked (60g)	39
Hummus (50g)	25
1 tbsp red kidney beans, cooked (30g)	21
1 tbsp baked beans (40g)	21
1tbsp french beans, boiled (60g)	20

## Fish

	<u>mg</u>
5 whitebait, fried (20g)	172
Shrimps, boiled (50g)	160
*haddock in breadcrumbs, fried (120g)	140
1 pilchard, canned in tomato sauce, with bones (55g)	138
Small tin of anchovies	150
1 sardine, canned in oil (25g)	125
4oz shrimps, canned in brine (100g)	110
1 sardine, canned in tomato sauce (25g)	108
Mackerel, canned in tomato sauce (125g)	103
Fish paste (35g)	98
Salmon red, canned in brine (100g)	91
2 sprats, fried	80
Smoked haddock, poached (150g)	74
*1 fish cake (50g)	75
Grilled herring (85g)	67
Cod in batter, baked (120g)	50
*plaice in breadcrumbs, fired (90g)	60
2 scampi (30g)	64
Kipper, grilled (85g)	51
*2 fish fingers (56g)	52
Canned crab (40g)	48
Plaice, grilled (75g)	41
10 mussel, boiled (70g)	40

10 prawns, boiled (30g)	30
2 x fish fingers	25
1 oyster no shell	20
Scallops (70g)	20

**\* Biscuits (all individual products need checking if milk free)**

	<u>mg</u>
1 baby rusk (17g)	88
1 chocolate coated biscuit (24g)	26
1 chocolate coated digestive (18g)	15
1 plain digestive (18g)	14
1 ginger nut biscuit (10g)	13
1 short bread (13g)	12
1 wholemeal cracker (10g)	11
1 filled wafer biscuit (15g)	11
1 water biscuit (8g)	10
1 semi-sweet biscuit (7g)	8

**\* Buns (All individual products need checking if milk free)**

	<u>mg</u>
1 cheese scone (48g)	120
1 fruit scone (48g)	72
1 short crust pastry (100g)	99
1 teacake, toasted (55g)	54
1 crumpet, toasted (40g)	48

**Bread and Rolls**

	<u>mg</u>
Naan Bread (160g)	256
1 hamburger bun (112g)	123
Pitta bread (75g)	68
1 white crusty roll (50g)	60
1 medium slice vitbe (36g)	54
1 medium slice white bread (36g)	54
1 white roll, soft (45g)	54
1 brown roll, soft (48g)	53
French stick (40g)	52
1 slice Hovis (36g)	47
1 slice brown bread (36g)	40
1 slice white bread (36g)	36
1 croissant (35g)	28
1 slice granary bread (36g)	28
1 wholemeal roll (48g)	26
1 slice wholemeal (38g)	25
1 slice rye bread (25g)	20

## Contact Details

Department of Nutrition & Dietetics, Tel: 01202 442840

For further health-related information please ask the relevant department for an Information Prescription or contact:

### **The Health Information Centre**

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**We can supply this information in larger print, on audiotape, or have it translated for you. Please call PALS on 01202 448499 or the Health Information Centre on 01202 448003 for further advice.**