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If you have any queries or problems, please phone:

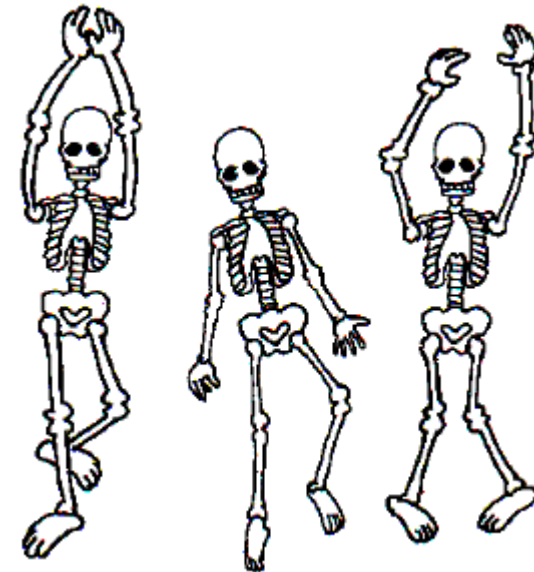
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Calcium and Strong Bones



Royal Hospital for Sick Children
NHS Lothian—University Hospital Division

Calcium is important for strong bones and teeth. During childhood and adolescence, bones grow at their fastest rate. During this time calcium is laid down in bones as they get bigger and stronger. Bones reach their maximum strength or peak bone mass by the mid to late twenties. After this time calcium starts to be lost from bones and they become less dense and strong. This means that during childhood there is a once in a lifetime opportunity to build strong bones. A good calcium intake will ensure this happens.



How much calcium?

*Guide only: always check the labels

Age (years)	Calcium Requirement	Provided by:		
		Milk and	Yogurt and	Cheese
1-3	350mg	100ml	Petit Filous	30g
4-6	450mg	100ml	125g pot	30g
7-10	450-550mg	200ml	125g pot	30g
11-18 Boys	1000mg	200ml	125g pot Calin+	45g
11-18 Girls	800mg	300ml	125g pot	30g
Breast feeding mothers	1250mg	400ml	125g Pot Calin+	50g

Note: fortified soya or oat milks can be exchanged for similar amounts of dairy products to provide the same calcium

Nuts, seeds and pulses

◇ Sesame seeds (1 tablespoon)	80mg
◇ 150g baked beans	120mg
◇ 100g Hummus	41mg

Bread and cereals

◇ 2 slices white or brown bread	72mg
◇ 2 slices wholemeal bread	39mg
◇ 2 slices Hovis best of both bread	478mg
◇ 2 slices Warburtons White Plus Bread	400mg
◇ 2 plain digestive biscuits	28mg
◇ Cereal Bar per bar	136mg

Fortified cereals / with milk

◇ 30g Ready oats (Asda, Morrison, Tesco)	400mg
◇ 30g Chocolatey Cheerio's	146mg/301mg
◇ 45g Special K Strawberry Clusters	205mg/360mg
◇ 30g Golden Nuggets	135mg/290mg

Some cereals are higher in sugar; always read the label

Miscellaneous

◇ 400g macaroni cheese (ready meal)	680mg
◇ 140g cheese and egg quiche	364mg
◇ 1/4 cheese & tomato thin base pizza	180mg
◇ 200mls Tropicana Essentials (Calcium for strong bones)	244mg
◇ 200ml Ribena Plus Healthy Bones	48mg

Note: information correct as of March 2013. Differences will occur by brand. Always check the labels

Soya Products

◇ 200ml Fortified soya milk	240mg
◇ 125g pot fortified soya yogurt	150mg
◇ 100g Fortified soya custard/dessert	120mg
◇ 100g Tofu	130-250mg

Fish

◇ 100g Tinned sardines with bones	430mg
◇ 3 fish fingers	50mg

Fruit and Vegetables

◇ Orange	75mg
◇ 5 dried apricots	38mg
◇ 100g Cooked spinach	150mg
◇ 100g Cooked broccoli	40mg



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If children are eating a good range of foods and growing well then:

- ◇ Semi-skimmed milk and low fat yogurts can be given from the age of 2
- ◇ Skimmed milk is suitable from 5 years.

Vitamin D

Vitamin D is needed so that the calcium in foods can be used properly by the body. The best source of vitamin D is the sun. Unfortunately you cannot get enough Vitamin D from food alone. Small amounts are also provided by foods such as oily fish, margarine, eggs and fortified breakfast cereals.



In the UK vitamin D is stored in the body during the summer months to last through the winter when there are fewer hours of sunlight. It is important to encourage children to spend some time outdoors everyday, without wearing sunscreen, to get some exposure to the sun. Only a short amount of time is needed to provide enough Vitamin D (approx 15 minutes per day). Take care during the hours of 11am—3pm when the sun is at its strongest.

Healthy lifestyle advice for healthy bones

As well as eating a diet containing plenty of calcium exercise is also needed for strong bones. The best form of exercise are those that are weight bearing such as walking, running, dancing, aerobics and tennis. Encourage your child to be active for at least 30 minutes everyday to help build strong bones and stay healthy.



Calcium Counter

Milk

◇ 200ml full fat milk	237mg
◇ 200ml semi-skimmed milk	248mg
◇ 200ml skimmed milk	249mg
◇ 100ml Flavoured milk drink	120mg



Yogurts and desserts

◇ Little Stars 45g pot	72mg
◇ Frube 40g	60mg
◇ Low-fat fruit yogurt 150g pot	225mg
◇ 190g Rice dessert	173mg
◇ 190g Custard	156mg
◇ 1 scoop dairy ice cream	78mg
◇ Calin+ yogurt 125g pot (not suitable for under 10 years)	400mg

Cheese

◇ 30g cheddar	288mg
◇ Cheese slice	120mg
◇ Cheese strings	150mg
◇ Baby bel Light	162mg
◇ Philadelphia (30g)	29mg
◇ Dairylea triangle	79mg

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