Calcium

Calcium is a mineral that is important for strong bones and teeth. Low calcium intakes have been linked to osteoporosis in later life. The major sources of calcium in most Western diets are dairy products such as milk, yoghurt and cheese. Other good sources of calcium are bony fish (canned salmon and sardines), almonds, fortified soy products and fortified plant beverages. Small quantities of calcium can be found in other nuts, some dried fruits, sesame seeds and green leafy vegetables (spinach, parsley) but phytates and oxalates in these foods limit absorption.

Cow's milk allergy is the most common food allergy affecting young children. Calcium fortified soy milk and yoghurts are the preferred alternative for cow's milk allergic children as similar protein and fat content to dairy products. A large number of children with cow's milk allergy however also have soy allergy so obtaining enough calcium from other dietary sources can be difficult.

It is important to ensure an adequate calcium intake. Calcium needs change with age (see below).

Adequate intakes of calcium for: 0-6 months of age = 210mg/day, 7-12 months = 270mg/day.

Age	Daily Calcium EAR and RDI (mg)	
1-3yr	360	500
4-8	520	700
9-11	800	1000
12-18	1050	1300
Breastfeeding women	840	1000

**Calcium estimated average requirements (EAR) is adequate for individual children, average height and below. Recommended daily intake (RDI) of calcium should be used if looking at groups of children or for taller children.*

To ensure strong bones it is also important to get enough Vitamin D as it helps the body absorb calcium. Some foods such as oily fish and eggs contain small amounts of vitamin D, while dairy free margarines (Nuttelex$_{TM}$, Tablelands Dairy Free$_{TM}$) and some dairy free milks have added vitamin D. However, food only makes a small contribution to the body's overall vitamin D levels, it is important to expose your skin to the sun in order to form vitamin D. It is recommended to try to have daily sun exposure in winter and at least a few minutes morning and afternoon in summer without sunscreen. If you have dark skin colour you may need a vitamin D supplement. Discuss with your doctor.

The table below lists the calcium content of a number of foods

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DAIRY	
Cows milk	120mg/100ml
Cows milk based yoghurt	120-200mg/100ml
Cows milk based cheese	125mg / 1 slice (20g)
PLANT BASED MILKS	
Soy, oat, rice, almond, coconut unfortified milks	0-25mg/100ml
Calcium fortified soy milk ie. Vitasoy™, So Good™, Coles™, Woolworths Macro Organic™, Aldi Inner Goodness™	120mg-160mg/100ml
Calcium fortified oat, rice, almond, coconut milk ie. Vitasoy™, So Good™, Coles™, Aldi Inner Goodness™ (except coconut)	120mg/100ml
PLANT BASED YOGHURT + CHEESE	
Vitasoy™ and Kingland™ soy yoghurt	117-168mg per tub
Cocobella™ pouches	83mg per 110g pouch
Cocobella™ PROTEIN pouches and tubs	83mg per 160g
All other coconut yoghurt including other Cocobella products	0mg
Made with Plants™ dairy free coconut oil based cheese	115-148mg/20g
Other soy, coconut or nut based cheeses	0mg
OTHER FOODS	
Tofu (made using calcium sulphate)	120mg/100g
Bony fish ie. Sardines, tinned salmon (must eat the bones)	250mg/90-100g
Fancy Plants™ Chocolate protein Pud (Faba bean based)	111mg per160g tub
Fancy Plants™ Choc Silky Pot or vanilla rice pudding (coconut based)	99-117mg per 95-110g tub
Fancy Plants™ Chia Pod 150g vanilla or choc (coconut based)	121mg per 150g tub
Chia seeds	80mg per 1 tblsp
Almonds (use crushed or paste form for young children)	75mg per 30g
Tahini (sesame paste)	65mg per 1 tblsp
Dried figs	38mg per fig (19g)
Boiled spinach, broccoli or raw parsley	30-66mg per ½ cup

- *If you have IgE allergies always check ingredients each time your purchase a product. For dairy free products recommend checking precautionary allergen labelling if severe allergies.*

Check how much calcium formula or breastmilk is providing, especially over 1 year old

Breast milk and formula	Calcium per 100ml
Breast milk	28mg
0-6 months infant formula, Peptijunior, Novalac Allergy	40-60mg
6-12 months infant formula, soy formula, Alfamino, Elecare LCP, Neocate LCP/Gold/Syneo, AllerPro Syneo range, Allula Allergy, Extensive HA, AllerPro Rice	60-80mg
Neocate Junior, Alfamino Junior, Elecare Vanilla, Essential Care Junior	90-120mg

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CALCIUM SUPPLEMENTS

Calcium supplements are available over the counter at chemists and supermarkets. They are used to supplement the diet if the dietary intake of calcium is low. Ask your pharmacist for more information regarding the below products.

Supplement Name	Description	Calcium Amount	Vitamin D amount/tablet	Allergen info
Brauer Kids Liquid Calcium with Magnesium & Zinc (per 5ml)	99% sugar free fruit yoghurt flavoured liquid	92mg	Vit D3 67IU Vit K2 3.15ug Mg Zinc	Milk, gluten, egg, nut, fish, crustacea free Contains soy lecithin (generally tolerated)
Calci-tab	Chalky tablets, can be crushed and added to foods or swallowed whole	600mg	Nil	Milk, gluten, soy free No added egg, nuts, rice Contains corn
Cal-sup	Chewable spearmint tablet	500mg	Nil	Milk, gluten, egg, soy, nut, rice free Contains corn
Caltrate Bone Health	Chalky tablets, can be crushed and added to foods or swallowed whole	600mg	Vit D3 500IU	No added milk, gluten, egg, nuts Contains corn + soya oil (generally tolerated)
Caltrate Bone & Muscle (+ other minerals)	Chalky tablets that can be crushed and added to foods or swallowed whole	600mg	Vit D3 1000IU Mg2+ 50mg Zinc 7.5mg Cooper 500ug Manganese 1.75mg	No added milk, gluten, egg, nuts Contains corn + soya oil (generally tolerated)
Nature's Way Kids Smart (Vita Gummies) Calcium and Vitamin D	Vanilla/raspberry chewable gummies	100mg	Vit D3 200IU	No added milk, egg, nut, sesame. Contains gluten, corn & soya oil (generally tolerated)
Nature's Way Kids Smart (Bursts) Calcium and Vitamin D3	Chewable strawberry soft capsule	200mg	Vit D3 300IU	No added milk, gluten, egg, nut, sesame. Contains soy lecithin (generally tolerated)
Nature's Way High Strength Adult (Vita Gummies) Calcium and Vitamin D	Chewable vanilla soft gummies	400mg	Vit D3 333IU	No added Milk, gluten, egg, nut, sesame. Contains corn, soya oil (generally tolerated), coconut oil
Ostelin Kids Calcium & Vitamin D3	Chewable berry flavoured tablet	350mg	Vit D3 300IU	No added milk, gluten, egg, soy, rice

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				Contains corn
Ostelin Calcium and Vitamin D3 Minis	Easy to swallow film coated small tablets	300mg	Vit D3 250IU	No added milk, gluten, egg, nuts, soy, rice Contains corn
Ostelin Calcium and Vitamin D3	Chalky tablet, can crush & add to food	600mg	Vit D3 500IU	No added milk, gluten, egg, rice Contains corn & soy lecithin (generally tolerated)
Ostelin Calcium + Vitamin D3 Chewable	Chewable citrus flavoured tablet	600mg	Vit D3 500IU	No added milk, gluten, egg, soy, rice Contains corn
Ostelin Calcium & Vitamin D3 + K2	Vanilla coated easy to swallow tablet	600mg	Vit D3 1000IU Vit K2 180ug	No added milk, gluten, egg, nuts, soy, rice Contains corn
Swisse Kids Bone Health	Chewable vanilla flavoured capsule	200mg	Vit D3 300IU	No added milk, gluten, egg, nuts, rice Contains corn + soya oil (generally tolerated)
Swisss Ultiboost Calcium + Vitamin D Mini Tabs	Film coated tablet, can be crushed and added to food	166mg	164IU	No added milk, gluten, egg, nuts, soy Contains corn
Swisse Ultiboost Calcium + Vit D3 + K2	Film coated tablet, can be crushed and added to food	300mg	Vit D3 500IU Vit K2 90ug	No added milk, gluten, egg, nuts, soy, rice Contains corn
Swisse Ultiboost Magnesium, Calcium + D3	Film coated tablet , can be crushed and added to food	250mg	Vit D3 248IU Mg 37.5mg	No added milk, gluten, egg, nuts, soy, rice Contains corn
Swisse Ultiboost Calcium + Vit D	Film coated tablet, can be crushed and added to food	333mg	333IU	No added Milk, gluten, egg, nuts, soy, rice Contains corn
Lifeable Kids Calcium + Vit D3 Gummies	Chewable Gummy in fruit flavours	250mg	500IU	Milk, gluten, egg, nut, soy, sesame free. Contains corn
Novomins Nutrition Kids Calcium & Vitamin D Gummies	Mango flavoured pastilles Suitable 2yrs+	125mg	200IU	Milk and gluten free No added egg, nuts, soy Contains coconut oil
Green Nutritionals Pure Plant-source Green Calcium Powder	Mix with juice/water or add to food.	952mg per 1 level tsp	No Vit D Contains small amounts 52 trace minerals	No added milk, gluten, egg, nuts, soy, fish. Corn free *Allergen cross contamination control*

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NOW FOODS Calcium Carbonate Pure Powder	Tasteless powder ½ tsp	600mg	No Vit D	No added milk, gluten, egg, nuts, soy. No corn derived ingredients *Allergen cross contamination control*

TIPS: Calcium supplements are more effective when taken:

- In split doses (calcium is best absorbed in doses less than 500mg)
- Ideally take with a meal ie. breakfast
- Avoid taking with tea (phytates) or caffeinated beverages
- Avoid taking with iron supplements as calcium can inhibit its absorption
- Adult supplements may be needed to achieve calcium requirements. An allergy dietitian can help recommend the most suitable supplement for you and/or your child.

Disclaimer Please note some vitamin/mineral companies do not test for contamination and hence are not listed as "free from" in the above table. The products included in this resource are not exhaustive and may change**. Individuals with food allergy should always check food labels each time a product is purchased. If food chemical intolerance or uncommon allergens we recommend families contact the company to check if any of the above calcium supplements are suitable.** The information in this resource has been checked with the manufacturer at the time of this resource update.

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