

## DIETARY SOURCES OF CALCIUM

Calcium is needed for the structure of bones and teeth, and to help avoid brittle bone disease (osteoporosis) in later life. The following foods are useful sources of calcium and should be included in your diet regularly.

### Best sources – eat daily

- Milk – all types including fortified non-dairy alternatives. Check the labels of non-dairy milks to ensure they are fortified. Aim for 120mg calcium /100ml. (Rice milk should not be offered to children under 5 years).
- Cheese – all types except cottage cheese and cream cheese.
- Plain or fruit yogurt, lassi
- Tofu
- Tinned fish especially sardines and pilchards (if the bones are eaten)
- Sesame seeds and Tahini

### Good sources

- Cottage cheese
- Cheese sauce and cheese based meals e.g. macaroni cheese
- Pulses especially baked beans, soya beans, broad beans, red kidney beans and chick peas
- Eggs
- Nuts – almonds, brazil nuts, hazel nuts
- White bread and white flour products
- Shellfish like shrimps, prawns, whitebait
- Seeds e.g. poppy, sunflower
- Sausages

### Fair sources

- Dried fruit – especially apricots, figs

Calcium absorption is increased by Vitamin D. This vitamin is a fat soluble vitamin and is found in higher amounts in foods with a high fat content. Vitamin D can also be found in skimmed milk powder (with added Vitamin D), margarine and low fat spread, oily fish like mackerel, fortified breakfast cereals and eggs. The action of sunlight on the skin is also an important source of Vitamin D. Some population groups are at higher risk of vitamin D deficiency e.g. children, breastfeeding women, the housebound (including the elderly, black and ethnic minority groups including those at risk of inadequate sunshine exposure). A vitamin D supplement of 10 micrograms ( $\mu\text{g}$ ) per day is recommended for everyone between October and April

To meet calcium requirements, the portions of calcium in the table below should be taken **DAILY**. (1 portion = 100mg calcium).

If you have been diagnosed with osteoporosis you may need to aim for 10 portions/day

<b>Age</b>	<b>At least</b>
1-3 years	3-4 portions
4-6 years	4-5 portions
7-10 years	5-6 portions
<b>Males</b>	
11-18 years	10 portions
19+ years	7 portions
<b>Females</b>	
11-18 years	8 portions
19+ years	7 portions
Pregnancy	7 portions
Lactation	12-13 portions

The following guide should help you to meet these. Check your intake over a few days, as a single day may not be representative of your usual diet.

1 pint milk	=	7 portions
1/3 pint (1 cup or 200ml) milk (whole/semi + skimmed)	=	2 portions
1/3 pint (1 cup or 200ml) non-diary milk e.g. soya, almond, oat, rice that contains up to 120mg calcium/100ml	=	2 portions
Cheddar cheese - 25g (1 oz)	=	2 portions
Yogurt - 100g (4 oz pot)	=	2 portions
Tahini 25g (1oz)	=	2 portions
Sesame seeds 25g (1oz)	=	2 portions
Tofu 75g (3oz) 50g (2oz)	=	3 portions
Sardines (including bones)	=	3 portions
Small carton cottage cheese – 100g (4oz)	=	1 portion
½ large can baked beans (210g)	=	1 portion
3 large slices bread	=	1 portion
Sunflower seeds 75g (3oz)	=	1 portion
Pulses e.g. chickpeas 125g (5oz)	=	1 portion
2 eggs	=	½ portion
Nuts - 50g (2 oz)	=	⅓ portion