CALCIUM IN YOUR CHILD’S DIET

<table>
<thead>
<tr>
<th>Age</th>
<th>Calcium Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 6 months</td>
<td>400mg</td>
</tr>
<tr>
<td>6 months to 1 year</td>
<td>600mg</td>
</tr>
<tr>
<td>1 to 3 years</td>
<td>800 mg</td>
</tr>
<tr>
<td>4 to 6 years</td>
<td>800 mg</td>
</tr>
<tr>
<td>7 to 10 years</td>
<td>800mg</td>
</tr>
<tr>
<td>11 to 18 years</td>
<td>1200 mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food Sources of Calcium</th>
</tr>
</thead>
</table>

**Dairy Foods**

<table>
<thead>
<tr>
<th>Dairy Foods</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, whole, 2%, 1%, skim</td>
<td>1 cup</td>
<td>291-324</td>
</tr>
<tr>
<td>Milk, evaporated</td>
<td>½ cup</td>
<td>367</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 cup</td>
<td>300-370</td>
</tr>
<tr>
<td>Kefir</td>
<td>1 cup</td>
<td>267</td>
</tr>
<tr>
<td>Cheese, hard</td>
<td>50 g</td>
<td>370 (average)*</td>
</tr>
<tr>
<td>Processed cheese spread</td>
<td>4 Tbsp</td>
<td>348</td>
</tr>
<tr>
<td>Cheese, processed slices</td>
<td>50 g</td>
<td>276</td>
</tr>
<tr>
<td>Cottage cheese, 1 or 2%</td>
<td>1 cup</td>
<td>156</td>
</tr>
<tr>
<td>Cottage cheese, &lt;0.1%</td>
<td>1 cup</td>
<td>51</td>
</tr>
<tr>
<td>Pudding or custard made with milk</td>
<td>½ cup</td>
<td>150</td>
</tr>
<tr>
<td>Yogurt, plain</td>
<td>¾ cup</td>
<td>290 (average)*</td>
</tr>
<tr>
<td>Yogurt, fruit bottom</td>
<td>¾ cup</td>
<td>233 (average)*</td>
</tr>
<tr>
<td>Frozen yogurt, soft serve</td>
<td>½ cup</td>
<td>110</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>½ cup</td>
<td>97</td>
</tr>
</tbody>
</table>

**Beans and Bean Products**

<table>
<thead>
<tr>
<th>Beans and Bean Products</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tofu, medium firm or firm, made with</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium sulphate</td>
<td>150g</td>
<td>347</td>
</tr>
<tr>
<td>Tofu, firm or extra firm, made with</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sulphate and magnesium chloride</td>
<td>150g</td>
<td>234</td>
</tr>
<tr>
<td>White beans</td>
<td>¼ cup</td>
<td>119</td>
</tr>
<tr>
<td>Navy beans</td>
<td>¼ cup</td>
<td>93</td>
</tr>
<tr>
<td>Black turtle beans</td>
<td>¼ cup</td>
<td>75</td>
</tr>
<tr>
<td>Pinto beans, chickpeas</td>
<td>¼ cup</td>
<td>58</td>
</tr>
</tbody>
</table>

**Grains**

<table>
<thead>
<tr>
<th>Grains</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bannock</td>
<td>1 med (37g)</td>
<td>84</td>
</tr>
<tr>
<td>Oats, instant, regular, no sugar added</td>
<td>1 pouch</td>
<td>82</td>
</tr>
<tr>
<td>Nuts and Seeds</td>
<td>Serving</td>
<td>Calcium (mg)</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>---------</td>
<td>--------------</td>
</tr>
<tr>
<td>Tahini (sesame seed butter)</td>
<td>2 Tbsp</td>
<td>130</td>
</tr>
<tr>
<td>Almonds, dry roast</td>
<td>¼ cup</td>
<td>93</td>
</tr>
<tr>
<td>Almond butter</td>
<td>2 Tbsp</td>
<td>88</td>
</tr>
<tr>
<td>Sesame seed kernels, dried</td>
<td>¼ cup</td>
<td>50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meats, Fish and Poultry</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sardines, Atlantic, canned with bones</td>
<td>75g</td>
<td>286</td>
</tr>
<tr>
<td>Sardines, Pacific, canned with bones</td>
<td>75g</td>
<td>180</td>
</tr>
<tr>
<td>Salmon, canned with bones</td>
<td>75g</td>
<td>208</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Non Dairy Drinks</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortified rice or soy beverage</td>
<td>1 cup</td>
<td>319**</td>
</tr>
<tr>
<td>Orange juice fortified with calcium and Vitamin D</td>
<td>½ cup</td>
<td>185</td>
</tr>
<tr>
<td>Regular soy beverage</td>
<td>1 cup</td>
<td>98</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables (cooked)</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turnip greens</td>
<td>½ cup</td>
<td>104</td>
</tr>
<tr>
<td>Chinese cabbage/ bok choy</td>
<td>½ cup</td>
<td>84</td>
</tr>
<tr>
<td>Okra</td>
<td>½ cup</td>
<td>65</td>
</tr>
<tr>
<td>Mustard greens</td>
<td>½ cup</td>
<td>55</td>
</tr>
<tr>
<td>Kale</td>
<td>½ cup</td>
<td>49</td>
</tr>
<tr>
<td>Chinese broccoli/ gai lan</td>
<td>½ cup</td>
<td>46</td>
</tr>
<tr>
<td>Broccoli</td>
<td>½ cup</td>
<td>33</td>
</tr>
<tr>
<td>Spinach</td>
<td>½ cup</td>
<td>100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange</td>
<td>1 med</td>
<td>52</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackstrap molasses</td>
<td>1 Tbsp</td>
<td>179</td>
</tr>
<tr>
<td>Bread (Wonder)</td>
<td>1 Slice</td>
<td>300mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Asian Foods</th>
<th>Serving</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried fish, smelt</td>
<td>35 g</td>
<td>560</td>
</tr>
<tr>
<td>Daylily flower</td>
<td>100g</td>
<td>301</td>
</tr>
<tr>
<td>Tempeh, cooked</td>
<td>100g</td>
<td>96</td>
</tr>
<tr>
<td>Fat choy (black moss), dried</td>
<td>10g</td>
<td>88-122</td>
</tr>
<tr>
<td>Soy bean curd slab, semisoft</td>
<td>100g</td>
<td>308</td>
</tr>
<tr>
<td>Soybean milk film, stick shape</td>
<td>100g</td>
<td>77</td>
</tr>
<tr>
<td>Seaweed, Wakame, raw</td>
<td>½ cup</td>
<td>63</td>
</tr>
<tr>
<td>Seaweed, dry (agar)</td>
<td>½ cup</td>
<td>50</td>
</tr>
</tbody>
</table>
CALCIUM SUPPLEMENTS

If your child is unable to receive adequate calcium through foods, he or she may require a calcium supplement. Deciding which supplement is best can be a difficult and confusing task. First, you determine how much more calcium your child requires above the amount received through diet. Then you identify which supplement will provide that amount of elemental calcium in the smallest daily dose and at the lowest cost.

Calcium supplements are always combinations of calcium with some other chemical. The most common forms are calcium carbonate, calcium lactate, and calcium gluconate. Current evidence suggests that the body absorbs each of these equally well. However, each calcium source contains a different concentration of calcium:

- Calcium carbonate – 40% calcium
- Calcium lactate – 13% calcium
- Calcium gluconate – 9% calcium

Use the following table to help decide which calcium supplement is best for your child. As a rule, bone meal and dolomite are not recommended sources of calcium because they can be contaminated with heavy metals such as lead and mercury.

<table>
<thead>
<tr>
<th>Calcium Supplements*</th>
<th>Elemental Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calcium Carbonate</strong></td>
<td></td>
</tr>
<tr>
<td>Liquid: Titralac Plus</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Tablet: OsCal 500</td>
<td>1 tablet</td>
</tr>
<tr>
<td>OsCal 250 + D</td>
<td>1 tablet</td>
</tr>
<tr>
<td>OsCal 500 + D</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Caltrate 600</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Caltrate 600 + D</td>
<td>1 tablet</td>
</tr>
<tr>
<td>Antacid: Tums</td>
<td>1 pill</td>
</tr>
<tr>
<td>Tums E X</td>
<td>1 pill</td>
</tr>
<tr>
<td>Tums Ultra</td>
<td>1 pill</td>
</tr>
<tr>
<td>Tums 500</td>
<td>1 pill</td>
</tr>
<tr>
<td>Titralac</td>
<td>1 pill</td>
</tr>
<tr>
<td>Rolaids</td>
<td>1 pill</td>
</tr>
<tr>
<td><strong>Calcium Lactate</strong></td>
<td></td>
</tr>
<tr>
<td>Tablets: Calcium Lactate (various brands)</td>
<td>1 tablet</td>
</tr>
<tr>
<td><strong>Calcium Gluconate</strong></td>
<td></td>
</tr>
<tr>
<td>Liquid: Neocalglucon</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Pill: Calcium Gluconate (various brands)</td>
<td>1 tablet</td>
</tr>
</tbody>
</table>

* Many stores have their own brands which may be equivalent and have a lower cost.
Vitamin D

Recommended Daily Dietary Allowances for Vitamin D

<table>
<thead>
<tr>
<th>Age</th>
<th>Vitamin D (IU) *</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 9 years</td>
<td>800 mg</td>
</tr>
<tr>
<td>9 years and up</td>
<td>1500 mg</td>
</tr>
</tbody>
</table>

* (IU) = International Unit

There are only a few food sources of Vitamin D. Good sources of Vitamin D are fortified foods and beverages such as milk, soy drinks, orange juice and margarine. Check the labels on these foods. Fish, liver and egg yolk are the only foods that naturally contain Vitamin D.

Food Sources of Vitamin D

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>Vitamin D (IU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>103</td>
</tr>
<tr>
<td>Fortified rice or soy beverage</td>
<td>1 cup</td>
<td>88</td>
</tr>
<tr>
<td>Fortified orange juice</td>
<td>½ cup</td>
<td>53</td>
</tr>
<tr>
<td>Fortified margarine</td>
<td>2 tsp</td>
<td>51</td>
</tr>
<tr>
<td>Egg yolk</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>Herring, cooked</td>
<td>75 g</td>
<td>162</td>
</tr>
<tr>
<td>Trout, cooked</td>
<td>75g</td>
<td>210</td>
</tr>
<tr>
<td>Mackerel, cooked</td>
<td>75 g</td>
<td>81</td>
</tr>
<tr>
<td>Salmon, Atlantic, cooked</td>
<td>75g</td>
<td>246</td>
</tr>
<tr>
<td>Salmon, chum, canned</td>
<td>75g</td>
<td>168</td>
</tr>
<tr>
<td>Salmon, pink, canned</td>
<td>75g</td>
<td>435</td>
</tr>
<tr>
<td>Salmon, sockeye, canned</td>
<td>75g</td>
<td>585</td>
</tr>
<tr>
<td>Sardines, Atlantic, canned</td>
<td>75g</td>
<td>70</td>
</tr>
<tr>
<td>Sardines, Pacific, canned</td>
<td>75g</td>
<td>360</td>
</tr>
<tr>
<td>Tuna, canned, light or white</td>
<td>75g</td>
<td>44</td>
</tr>
<tr>
<td>Tuna, yellowfin (albacore, ahi), cooked</td>
<td>75g</td>
<td>105</td>
</tr>
<tr>
<td>Tuna, skipjack, cooked</td>
<td>75g</td>
<td>381</td>
</tr>
<tr>
<td>Tuna, bluefin, cooked</td>
<td>75g</td>
<td>690</td>
</tr>
</tbody>
</table>