

CALCIUM IN YOUR CHILD'S DIET

Recommended Daily Dietary Allowances for Calcium	
Age	Calcium Intake
0 to 6 months	400mg
6 months to 1 year	600mg
1 to 3 years	800 mg
4 to 6 years	800 mg
7 to 10 years	800mg
11 to 18 years	1200 mg

Food Sources of Calcium

<u>Dairy Foods</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Milk, whole, 2%, 1%, skim	1 cup	291-324
Milk, evaporated	½ cup	367
Buttermilk	1 cup	300-370
Kefir	1 cup	267
Cheese, hard	50 g	370 (average)*
Processed cheese spread	4 Tbsp	348
Cheese, processed slices	50 g	276
Cottage cheese, 1 or 2%	1 cup	156
Cottage cheese, <0.1%	1 cup	51
Pudding or custard made with milk	½ cup	150
Yogurt, plain	¾ cup	290 (average)*
Yogurt, fruit bottom	¾ cup	233 (average)*
Frozen yogurt, soft serve	½ cup	110
Ice Cream	½ cup	97
<u>Beans and Bean Products</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Tofu, medium firm or firm, made with Calcium sulphate	150g	347
Tofu, firm or extra firm, made with Sulphate and magnesium chloride	150g	234
White beans	¾ cup	119
Navy beans	¾ cup	93
Black turtle beans	¾ cup	75
Pinto beans, chickpeas	¾ cup	58
<u>Grains</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Bannock	1 med (37g)	84
Oats, instant, regular, no sugar added	1 pouch	82

<u>Nuts and Seeds</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Tahini (sesame seed butter)	2 Tbsp	130
Almonds, dry roast	¼ cup	93
Almond butter	2 Tbsp	88
Sesame seed kernels, dried	¼ cup	50
<u>Meats, Fish and Poultry</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Sardines, Atlantic, canned with bones	75g	286
Sardines, Pacific, canned with bones	75g	180
Salmon, canned with bones	75g	208
<u>Non Dairy Drinks</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Fortified rice or soy beverage	1 cup	319**
Orange juice fortified with calcium and Vitamin D	½ cup	185
Regular soy beverage	1 cup	98
<u>Vegetables (cooked)</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Turnip greens	½ cup	104
Chinese cabbage/ bok choy	½ cup	84
Okra	½ cup	65
Mustard greens	½ cup	55
Kale	½ cup	49
Chinese broccoli/ gai lan	½ cup	46
Broccoli	½ cup	33
Spinach	½ cup	100
<u>Fruit</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Orange	1 med	52
<u>Other</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Blackstrap molasses	1 Tbsp	179
Bread (Wonder)	1 Slice	300mg
<u>Asian Foods</u>	<u>Serving</u>	<u>Calcium (mg)</u>
Dried fish, smelt	35 g	560
Daylily flower	100g	301
Tempeh, cooked	100g	96
Fat choy (black moss), dried	10g	88-122
Soy bean curd slab, semisoft	100g	308
Soybean milk film, stick shape	100g	77
Seaweed, Wakame, raw	½ cup	63
Seaweed, dry (agar)	½ cup	50

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.

Calcium Supplements*	Elemental Calcium (mg)
Calcium Carbonate	
Liquid: Titalac Plus 1 tsp.	200
Tablet: OsCal 500 1 tablet	500
OsCal 250 + D 1 tablet	250 + 125 IU D
OsCal 500 + D 1 tablet	500 + 125 IU D
Caltrate 600 1 tablet	600
Caltrate 600 + D 1 tablet	600+ 200 IU D
Antacid: Tums 1 pill	200
Tums E X 1 pill	300
Tums Ultra 1 pill	400
Tums 500 1 pill	500
Titalac 1 pill	165
Rolaids 1 pill	220
Calcium Lactate	
Tablets: Calcium Lactate 1 tablet (various brands)	85-100
Calcium Gluconate	
Liquid: Neocalglucon 1 tsp.	115
Pill: Calcium Gluconate 1 tablet (various brands)	47-90

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

Vitamin D

Recommended Daily Dietary Allowances for Vitamin D	
Age	Vitamin D (IU) *
0 to 9 years	800 mg
9 years and up	1500mg

* (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

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