

## Boosting Calcium Intake for Children and Adolescents

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Calcium is an essential mineral required for building and maintaining strong, healthy bones and teeth. Poor calcium intake can lead to stunted growth and increased risk of fractures later in life. Bone density starts to decline from young adulthood, therefore it's important to maximise bone strength during childhood and adolescence.

### Daily Calcium Requirements?

<b>Children 1-3 years</b>	500mg
<b>Children 4-8 years</b>	700mg
<b>Children 9-11 years</b>	1000mg
<b>Adolescents 12-13 years</b>	1300mg
<b>Adolescents 14-18 years</b>	1300mg

### Best Sources of Calcium?

<b>Food</b>	<b>Serving Size</b>	<b>Calcium</b>
<b>Full cream milk*</b>	250ml (1 cup)	293mg
<b>Plain yoghurt*</b>	200g (1 tub)	370mg
<b>Cheese</b>	2 slices (40g)	287mg
<b>Tinned salmon (with bones)</b>	100g	203mg
<b>Almonds</b>	45g	112mg

\*Calcium-fortified products such as soy/almond/rice/oat milks and soy/coconut yoghurts are a great choice for those who do not eat dairy foods. Calcium can also be found in smaller amounts in tinned sardines and salmon with soft edible bones, dried figs and apricots, ice-cream, sesame seeds and nuts.

## **Suggestions to Increase Calcium Intake**

### Milk

- Have cereal with milk for breakfast
- Include as a drink

### Cheese

- Include at snacks with dry biscuits or fruit
- Grate over main dishes
- Include in sandwiches

### Yoghurt

- Mix with fruit for desserts and snacks
- Serve with breakfast cereal
- Include in fruit smoothies
- Use portion packs for school – i.e. Vaalia® twist tops

## **Calcium Supplements**

Calcium supplements are available without a prescription at pharmacies and supermarkets. They may be recommended if dietary calcium cannot be adequately increased. Your dietitian can advise you on the use of calcium supplements.

## **Vitamin D**

Vitamin D is required for calcium absorption. The majority of the body's vitamin D is formed in the skin when it is exposed to sunlight. It is recommended that the face and upper limbs be exposed to sunlight for 10-15 minutes most days of the week for normal vitamin D levels. Sun exposure should occur before 10am to limit exposure to harmful UV rays. If your vitamin D levels are low, your dietitian or GP can advise you regarding an appropriate supplement.

Name and Phone: .....