



Tuckatalk

Bone up on Calcium

Why is Calcium Important?

- The human body has over 200 bones
- Calcium gives bones most of their strength
- Calcium is also needed for muscles & nerves
- Without enough calcium from food the body takes calcium from bones. A constant low intake of calcium can lead to weak bones.

Building Strong Bones

To build strong bones, your child needs calcium from food, vitamin D from sunlight and regular weight bearing exercise, e.g. walking or running.

Limit intake of salt and salty foods, caffeine and cola drinks as they can reduce calcium absorption.

How Much Calcium?

Young children have high calcium requirements because their skeleton is growing. Recommended intakes vary with age.

AGE	CALCIUM (mg)
7–12 months	270
1–3 years	500
4–8 years	700
9–11 years	1000
12–13 years	1300



Sources of Calcium

FOOD	CALCIUM (mg)
200ml regular milk	215
200ml low fat milk	215
200ml soy drink (calcium added)	240–300
20g cheese (cheddar)	150
1 tablespoon powdered skim milk	105
1 scoop ice cream	40
200g yoghurt, fruit	220
200g yoghurt, natural	245
60ml Fromage Frais	90
30g almonds	70
100g tofu	80–320
100g fish without bones	35
100g salmon, canned with bones	200
1 cup green leafy vegetables (average)	80
1 cup broccoli, cooked	45

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Which Milk?

- Choose full cream milk for children under two years
- Choose low fat milk for children over two years
- If your child does not like drinking milk try to include more milk-based family meals and snacks
- If a soy drink is needed, ensure it has calcium added to it (approx 100mg calcium per 100mls)
- Rice milk and oat milk are low in protein and other nutrients. Use only if your child cannot drink cow's milk or soy drink.



Ways to Increase Calcium Intake

- Serve yoghurt as a dessert or snack
- Freeze yoghurt in icypole moulds
- Serve cereal and milk as an afternoon snack
- Make fruit smoothies with milk and yoghurt
- Top mini pizzas with grated cheese
- Sprinkle grated cheese onto vegetables
- Add cheese or milk to mashed vegetables
- Use a yoghurt based dressing on salad
- Add milk to soups
- Make milky desserts such as creamed rice
- Put a cheesy dip or hummus in your child's lunchbox with vegie sticks and crackers
- Offer milk drinks rather than juice or cordial
- Try salmon and cucumber sandwiches or salmon patties (leave bones in)
- Use calcium fortified soy drinks
- Include calcium fortified breads and breakfast cereals
- Provide nuts and seeds at snack time (from 3 years of age).

RECIPES

Banana and Yoghurt Smoothie (serves 2)

- 1½ cups milk*
- ½ cup natural yoghurt*
- 1 ripe banana, sliced*

Place all ingredients in a blender and process until smooth.

Milky Poles (makes 5 x ½ cup icypoles)

- 2 cups milk*
- ½ cup sliced fruit (e.g. strawberries, apricots, banana)*
- 2 teaspoons vanilla essence*

Pour ingredients into a blender and process until smooth. Pour into icypole moulds and freeze.

Sweet Corn and Zucchini Soup (serves 6)

- 1 onion, chopped*
- 400g zucchini, chopped*
- 420g can creamed corn*
- 1 cup water*
- 2 cups buttermilk*
- Olive oil*

Cook onion in a small amount of oil in a large saucepan until soft. Add zucchini, corn and water and bring to the boil. Cover and simmer for 15 minutes or until zucchini is soft. Puree and return to saucepan. Add buttermilk and reheat without boiling.

These recipes are sourced from Dairy Australia.



Where can I find out more information?

HERE ARE 3 WAYS:

- 1. TALK** to your child's GP
- 2. MAKE AN APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
- 3. CHECK OUT** more Tuckatalk factsheets at **www.health.act.gov.au**

