

Calcium needs for children with cow's milk allergy

Is your child getting enough calcium?

How much calcium does my child need each day?

Dairy products provide most people with their main source of calcium. If your child has to avoid dairy products because they are allergic to cow's milk, make sure they are eating enough other foods containing calcium to meet their daily requirements.

| Age | mg/day |
|-------|--------|
| 1-3 | 500 |
| 4-8 | 700 |
| 9-11 | 1000 |
| 12-18 | 1300 |

What dairy-free foods have calcium?

| Food | Calcium (mg) |
|--|----------------|
| Alternative Milks | |
| Soy, oat, rice, almond, cashew milks, fortified with calcium, per 100mls | 120 |
| Alternative dairy products | |
| Angel Foods Cheddar, Mozzarella, smoked 30g | 99 |
| Alpro Soy custard 100mls | 120 |
| Alpro Soy dessert 125g | 150 |
| Little Island Yoghurt-Cashew based 100g | 150 |
| Dairy free Up and Go 100mls | 120 |
| Tofu (soy bean curd), 100g | 186 |
| Cereals | |
| Light 'n' Tasty, 1 cup (check labels) | 450-650 |
| Special K, 1 cup | 200 |
| Nutrigrain, 1 cup | 80 |
| Egg, boiled, (size 7) | 26 |
| Fish & Shellfish | |
| Salmon, canned in spring water, 100g (including the bones) | 320 |
| Sardines, 90g canned in water | 306 |
| Green mussels, steamed, x 1 | 15 |

| Food | Calcium (mg) |
|---|--------------|
| Fruit | |
| Dried Figs x 2 | 64 |
| Fresh fruit, 1 average serve | 20-60 |
| Rhubarb, 1 cup | 282 |
| Legumes | |
| Baked beans, ½ cup | 50 |
| Cannellini beans, canned, ¼ cup | 26 |
| Seeds | |
| Chia seeds, 1 Tablespoon (T) | 73 |
| Poppy seeds, 1 teaspoon | 43 |
| LSA (ground linseed, sunflower, almond) 1 T | 13 |
| Tahini, 2 tablespoons | 106 |
| Tree Nuts | |
| Almonds, raw, 10 | 23 |
| Vegetables | |
| Spinach, boiled (½ cup) | 66 |
| Kale, sauteed (½ cup) | 125 |
| Rocket leaves, 1 cup | 75 |
| Broccoli, boiled (½ cup) | 26 |

Top tips on how to include calcium foods

Some handy hints on how to include calcium in your child's diet if they are allergic to cow's milk.

Use an alternative milk with added calcium

Make sure the milk alternative you use has added calcium. Check the nutrition label and aim for one with at least 120mg calcium per 100mls. Note that 100mls is the same as 100g.

Soy milk is the first choice of alternative milk to cow's milk. DON'T use A2, goat or sheep milk as these have either cow's milk protein or have very similar proteins to cow's milk and your child may still react to these milks. If your child is unable to tolerate soy, then an alternative will be needed.

It is not recommended to use the following milks if your child is under 1 years of age, and ideally not until they are over 2 years of age. Seek dietitian guidance to discuss the best option for your child when they are under 2 years of age.

- oat milk
- rice milk
- almond milk
- cashew milk

Use cereal with added calcium

Choose a cereal that has added calcium, (read the label) and serve this with fruit, fortified yoghurt or soy dessert and alternative milk.

Use a dairy free yoghurt fortified with calcium

Not all dairy free yoghurts have calcium. Check the one you use is fortified with calcium. Check the nutrition label and aim for one with at least 120mg calcium per 100mls.

Use milk alternatives in your cooking

You can use a milk alternative to make white sauce, custards, rice pudding or in baking. Using milk alternatives can be especially useful if your child will not drink much alternative milk. You can mix the white sauce through pasta or vegetables. Sprinkle with calcium fortified dairy free cheese.

Use almonds for snacks and baking

Use almonds for snacks and baking. You can also use almond meal/flour and soy flour in baking.



| Servings Per Pack. * | Per Serving 250mL | %DI* Per Serving | Per 100g |
|----------------------|----------------------|---------------------|--------------|
| | 752kJ (180Cal) | 9% | 301kJ(72Cal) |
| Energy | 8.2g | 16% | 3.3g |
| Protein, Total | Nil detected | - | Nil detected |
| Gluten | 12.2g | 17% | 4.9g |
| Fat, Total | 1.5g | 6% | 0.6g |
| Saturated | 0.2g | - | 0.1g |
| Trans | 3.5g | - | 1.4g |
| Polyunsaturated | 7.0g | - | 2.8g |
| Monounsaturated | Nil detected | - | Nil detected |
| Cholesterol | 9.5g | 3% | 3.8g |
| Carbohydrate | 6.0g | 7% | 2.4g |
| Sugars | Nil detected | - | Nil detected |
| Lactose | Nil detected | - | Nil detected |
| Galactose | 8.2mg | 4% | 33mg |
| Sodium | 300mg (38% RDI#) | - | 120mg |
| Calcium | | | |

Quantities stated above are averages only.
*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs. # Recommended Dietary Intake.
< means Less Than.

Ingredients: Filtered Water, Organic Whole Soybeans (17%), Organic Sunflower Oil, Organic Sweetener, Organic Rice Syrup.

Use seeds in baking

Sprinkle chia seeds, poppy seeds and LSA (ground linseeds, sunflower and almonds) on cereals. You can use them with breadcrumbs when crumbing or adding a crumb topping. You can also include them in baking. Add them in if making bliss balls.

Try using tahini

You can include tahini in stir fries, casseroles or in hummus. Try spreading it on crackers or toast.

Grate some Angel Foods cheddar/mozzarella/smoked

You can grate or melt Angel Foods cheddar/mozzarella or smoked dairy free cheese - it's good on pizza, in a toasted sandwich or just grated in a wrap or homemade burger. You can also use it for making a cheese sauce or put some on crackers for a snack. These cheeses do not keep for long in the fridge but it will freeze well.

Give your child extra fruit and vegetables

Include dried figs, or some fresh fruit, eggs, broccoli, kale, silverbeet or spinach and rocket on a regular basis to help increase your child's calcium intake.

Should my child have a calcium supplement?

Your child may need a calcium supplement if they are only getting 50 percent or less of their calcium requirements due to a lack of calcium-rich foods. You can buy a calcium supplement, or your doctor can prescribe one. It is suggested to take calcium with meals. It is best to take it away from iron rich foods, so perhaps breakfast time may be the best meal to take it with.

A multivitamin and mineral supplement will not provide enough calcium so you will need to give your child a separate calcium supplement. There are many options available and you can buy them online, at the supermarket, health shop or at your local pharmacy.

If you are buying a supplement, check the supplement is dairy-free, or free of any other ingredients your child may be allergic to. Ask your family doctor to refer you to a dietitian. A dietitian will check how much calcium your child is currently getting in food. They will give you advice about how much extra calcium your child will need.

References

The Concise NZ Food Composition Tables, 14th Edition, 2021

Nutrient Reference Values for Australia and New Zealand, Executive Summary, Ministry of Health, 2006.

Disclaimer: Remember to check labels of all foods and fluid products to make sure no allergens your child reacts to are included.