

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, rice, oat, almond milks, fortified with calcium, per 100mls	120
Alternative dairy products	
Angel Foods Cheddar, 30g	98
Kingland Soy yoghurt 100g	50
Alpro soy dessert 125g	150
Alpro Soy custard 100mls	120
Tofu (soy bean curd), 1 cup	275
Cereals	
Light 'n' Tasty, 1 cup	400
Special K, 1 cup	320
Nutrigrain, 1 cup	110
Egg, 1 large	35
Fish & Shellfish	
Salmon, canned in spring water, 100g (including the bones)	270
Sardines, 50g canned	250
Green mussels, steamed, x 1	14

Food	Calcium (mg)
Fruit	
Dried Figs x 2	64
Fresh fruit, 1 average serve	20
Rhubarb, 1 cup	230
Legumes	
Baked beans, ½ cup	50
Cannellini beans, canned, ¼ cup	28
Seeds	
Poppy seeds, 1 teaspoon	43
Sesame seeds 2 tablespoons	168
Tahini, 2 tablespoons	106
Tree Nuts	
Almonds, raw, 10	34
Vegetables	
Broccoli, boiled 1 cup	52
Rocket leaves, 1 cup	75
Silverbeet, boiled, 1 cup	39
Spinach, boiled, 1 cup	130

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

You will need an alternative milk to cow's milk such as soy. Don't use the following milks if your child is under 2 years of age (unless your dietitian advises you to):

- almond milk
- coconut milk
- oat milk
- rice milk

Whatever milk alternative you use, make sure it 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.

Use cereal with added calcium

Choose a cereal that has added calcium, (read the label) and serve this with fruit, soy yoghurt 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 for the custard and dessert, or at least 50mg calcium per 100mls for yoghurt.

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.

Use almonds for snacks and baking

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

Use sesame seeds or poppy seeds

Sprinkle sesame seeds or poppy seeds on cereals. You can use them with breadcrumbs when crumbing or adding a crumb topping. You can also include them in baking.

Try using tahini

You can include tahini in stir fries, casseroles or in hummus.

	Per Serving 250ml	%DI* Per Serving	Per 100g
Energy	752kJ (180Cal)	9%	301kJ(72Cal)
Protein, Total	8.2g	16%	3.3g
Gluten	Nil detected	-	Nil detected
Fat, Total	12.2g	17%	4.9g
Saturated	1.5g	6%	0.6g
Trans	0.2g	-	0.1g
Polyunsaturated	3.5g	-	1.4g
Monounsaturated	7.0g	-	2.8g
Cholesterol	Nil detected	-	Nil detected
Carbohydrate	9.5g	3%	3.8g
Sugars	6.0g	7%	2.4g
Lactose	Nil detected	-	Nil detected
Galactose	Nil detected	-	Nil detected
Sodium	82mg	4%	33mg
Calcium	300mg (38% RDI#)	-	120mg

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 Flax Seed, Organic Rice Syrup.

Grate some Angel Foods cheddar

You can grate or melt Angel Foods cheddar - it's good on pizza or in a toasted sandwich. You can also use it for making a cheese sauce or put some on crackers for a snack. This cheese does not keep for long in the fridge but it does 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.

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, 12th Edition, 2016

PSNZ National Child & Youth Allergy Clinical Network

Issued February 2019

Review Date: February 2021