



## Calcium

Calcium is crucial in bone health: 99% of calcium within the body is found in bone. It is also important in blood clotting, as well as muscle and nerve function. Calcium is added to bones when there is plenty in the diet, and is taken from the skeleton if dietary intake is inadequate. Bone loss occurs when bone loss exceeds formation.

### How much calcium do children need?

#### Daily Calcium Requirements

Boys and Girls	(mg)
7-12 months	550
1-3 years	700
4-7 years	800

#### Boys

8-11 years	800
12-15 years	1200
16-18 years	1000

#### Girls

8-11 years	900
12-15 years	1000
16-18 years	800

#### Food Containing 100mg Calcium

Milk, whole	80ml (1/4 cup)
Milk, fat reduced	70ml (<1/4 cup)
Milk, skim	75ml (<1/4 cup)
Soy drink, calcium fortified	85ml (1/4 cup)
Cheese, cheddar	15g
Cheese, processed	3/4 slice
Yoghurt, flavoured	80g (kids size)
Ice-cream	75g (3 scoops)
Salmon (with bones)	110g
Sardines (with bones)	20g
Broccoli (cooked)	330g
Dried Apricots	33 apricots
Orange	2 medium
Tahini	1 1/2 tablespoons
Almonds	40g

(Source p 63, Fit Kids)

### Snacks to increase calcium intake

There are many creative ways to increase calcium intake and therefore increase or maintain bone density. Below are some suggestions for tasty snacks. By having children or teenagers help prepare these, they might be more enticed to eat and drink them!

- Wholegrain cereal and milk
- Fruit salad and yoghurt
- Low fat cheese on dry biscuits
- Sardines on toast
- Low fat smoothies – use strawberries or banana to flavour
- Vegetable stir fry with tofu
- Soup made with milk
- Celery with cream cheese filling