

Calcium and coeliac disease?

One of the main complications of CD in adults is reduced bone mineral density leading to osteoporosis. Although there are no formal recommendations it would appear sensible to ensure that children's intake is at least equal to the Reference nutrient intake (RNI)

Osteoporosis – What is it?

Continued loss of calcium can leave bones weak and brittle making them easy to fracture or break, this is osteoporosis. It is a serious disease but is largely preventable. A good balanced diet rich in calcium started when young and continued throughout life will help develop and maintain strong healthy bones.

Calcium and Vitamin D

Vitamin D helps calcium to be absorbed from food. We get most of our Vitamin D from the action of sunlight on the skin, but a good dietary intake is essential if you are housebound or if for cultural or religious reasons you cover up most of your body. Young children have extra requirements and may need a supplement. Vitamin D is found in oily fish (e.g. mackerel, sardines, pilchards), margarine and eggs.

How Much Calcium Do We Need?

Daily Recommended Amounts of Calcium

Figures shown in Required Calcium Points (RCP)

| Children | RCP | Teenagers | RCP |
|-------------|-----|---------------|-----|
| 0-12 months | 21 | Male | 40 |
| 1-3 years | 14 | Female | 32 |
| 4-6 years | 18 | Pregnant | 32 |
| 7-10 years | 22 | Breastfeeding | 54 |

Are You Getting Enough?

Now that you know how many calcium points are required each day, check that you are getting enough. Simply use the following chart to calculate your daily intake.



| Food | Weight (g) | Household Measure | Calcium Point |
|--------------------------------------|------------|--------------------|---------------|
| Cows milk – Full cream | 190 ml | 1/3 pint | 9 |
| Semi-skimmed | 190 ml | 1/3 pint | 9 |
| Skimmed | 190 ml | 1/3 pint | 9 |
| Soya milk (not suitable for babies) | 190 ml | 1/3 pint | 1 |
| Goats milk (not suitable for babies) | 190 ml | 1/3 pint | 9 |
| Cheese - | 60 | Matchbox size | 17 |
| Edam | 60 | Matchbox size | 18.5 |
| Cottage | 100 | 1 Small tub | 3 |
| Cheese spread | 14 | 1 Small triangle | 2.5 |
| Fromage Frais | 60 | Small carton | 2 |
| Yoghurt | 150 | Small carton | 9 |
| Ice-cream | 60 | Wafer size/1 scoop | 3 |
| Custard made with milk | 150 | Average bowl | 8 |
| Instant dessert made with milk | 120 | Average bowl | 5 |
| Milk pudding (home made) | 200 | Average bowl | 13 |
| Milk pudding (canned) | 200 | Average bowl | 7.5 |
| Pilchards | 215 | Small can | 26 |
| Sardines | 100 | Small can | 18.5 |
| Whitebait | 80 | Average portion | 27.5 |
| Cooked prawns | 60 | Average portion | 3.5 |
| Scampi | 150 | Average portion | 6 |
| Cockles | 25 | Average portion | 1.5 |
| Mussels | 40 | Average portion | 1.5 |
| Fish cakes | 50 | 1 | 1.5 |
| Fishfingers | 50 | 1 | 1.5 |
| Fishpaste | 10 | 2 Tablespoons | 1 |
| Tofu (steamed) | 10 | 2 oz portion | 12 |
| Hummus | 60 | Heaped tablespoon | 1 |
| Baked beans | 55 | Average portion | 3 |
| Cabbage | 140 | Small portion | 1 |
| Curly kale | 40 | Small portion | 3 |
| Broccoli | 45 | Small portion | 1 |
| Spinach (boiled) | 45 | Average portion | 6 |
| Spring greens (boiled) | 90 | Small portion | 1 |
| Watercress (raw) | 40 | Half bunch | 1.5 |
| Figs (ready to eat) | 20 | 1 Fig | 5 |
| Raisins and sultanas | 55 | 1 Tablespoon | 0.5 |
| Almonds | 30 | 6 Whole | 1 |

* One calcium point is equivalent to 25 mg calcium.

| | | | |
|------------------------|--------|-----------------------|-----|
| Brazil nuts | 10 | 3 whole | 0.5 |
| Sesame seeds | 10 | 1 <u>tblsp</u> | 2.5 |
| Sunflower seeds | 14 | 1 <u>tblsp</u> | 0.5 |
| Tahini (sesame spread) | 19 | 1 heaped <u>tblsp</u> | 5 |
| Bread - White | 30 | Med slice | 1 |
| Wholemeal | 30 | Med slice | 0.5 |
| Chappati | 60 | 1 average | 1.5 |
| Naan | 160 ml | 1 | 10 |
| Pitta - White | 75 ml | 1 small | 3 |

Produced by the Department of Nutrition and Dietetics

Royal Sussex County Hospital
4 Paston Place, Sudeley Street,
Brighton, BN2 1HA
Tel. 01273 696955 Ext. 4290

Royal Alexandra Children's
Hospital
Eastern Road
Brighton BN2 5BE
Tel. 01273 696955 Ext. 2389

Princess Royal Hospital
Haywards Heath
RH16 4EX
Tel. 01444 441881 Ext. 8313

Revised - May 2000

DS 17