

THE CHILDREN'S CLINIC, P.C.

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CALCIUM NEEDS & CALCIUM SOURCES

Milk is good for most children. A few children cannot digest milk or are allergic to it and should not drink it. Most children, though, can drink milk. Milk provides important amounts of protein, and it is an excellent source of calcium and vitamin D.

If your child is drinking much more than three cups of milk a day, he may be filling up on milk and not leaving enough room for the other foods that are needed for healthy nutrition.

If your child does not drink enough milk, she may not get the calcium needed to develop strong bones. To help your child get enough calcium, use more dairy products or calcium-rich foods in your cooking.

OPTIMAL DAILY CALCIUM INTAKE

Infants, under age 1	400-600 mg. (Breast fed infants need less.)
Children, age 1-10	800 mg.
Adolescents/Young adults, age 11-24	1200 mg.-1500 mg.*
Adults, age 24-65	1000 mg.*
Post-menopausal women	1500 mg.*
Adults, age 65 and older	1500 mg.*
During pregnancy and lactation	1200 mg.

*1994 National Institutes of Health Consensus Conference

WAYS TO INCLUDE CALCIUM IN THE DIET

1. Encourage your child to drink milk
 - You can make milk the only mealtime beverage except for water.
 - Do not insist, "You have to drink your milk", or use bribes. These tactics give children a clear message that they should not like milk.
 - Most children go through a stage when they do not drink milk. For many it is when they first are weaned from the nipple. Do not panic and put your child back on the bottle. Just wait. She will start to drink milk again.
 - Remember, when children are pressured to eat or drink, they usually react by eating less.
2. Use other calcium-rich foods.
 - See other side for examples
3. Use calcium supplement for children who do not get enough dietary calcium

You can give calcium supplements to your child, but it may be easier to substitute foods high in calcium. There are different types of calcium supplements. The body absorbs some better than others. Supplements may be tablets, wafers, or chewables. Supplements in the form of calcium lactate or calcium carbonate are reasonably well absorbed. Avoid calcium phosphate. It may interfere with iron absorption. Also, avoid bonemeal and dolomite, they might contain lead and other trace elements that are not good for your child.

The dosage varies. If you need to give your child several tablets, spread them throughout the day so your child's body can absorb the calcium better.

Calcium supplements come with or without vitamin D. Which one you should use depends on whether your child is getting enough vitamin D from other sources. (The recommended daily allowance for vitamin D is 400 IU per day.)

Calcium-supplemented orange juice gives a lot of calcium. However, it does not give vitamin D, nor does it give the protein that milk does.

Adapted from Eilyn Satter, R.D., author of Child of Mine: Feeding with Love and Good Sense, Bull Publishing, Palo Alto, CA.

CALCIUM-RICH FOODS

For Infants:

1 cup human milk--80 mg. (Breast fed infants need less calcium because calcium is so well absorbed from breast milk.)
 1 cup milk based commercial formula--100-120 mg.
 1 cup soy based commercial formula--150 mg.

For Children, Adolescents and Adults:

Good

(Each provides about 150 mg. calcium)

Bean burrito, 1
 Beans, baked, 8 oz
 Broccoli, 1 cup
 Cheese, cottage, creamed, 1 cup
 Cheese, processed (American, Velveeta, cheese spread, etc.), 1 oz
 Custard, baked, 1/2 cup
 Egg, 1
 Greens (beet, chard, kale, mustard, spinach, turnip), cooked, 1 cup
 Ice milk, 1 cup
 Milk, powdered, 2 tablespoons
 Molasses, blackstrap, 1 tablespoon
 Oatmeal, instant, 1 packet
 Okra, 1 cup
 Orange juice, calcium fortified, 1/2 cup
 Oysters, 1/2 cup
 Peanuts, 1 cup
 Pudding, 1/2 cup
 Rhubarb, cooked, 1/2 cup
 Ricemilk, **fortified to 15% RDA**, 1 cup
 Scallops, 4 oz.
 Sesame seeds, unhulled, 2 tablespoons
 Shrimp, canned, 3 oz.
 Soybeans, 1 cup
 Soy milk, **fortified to 15% RDA**, 1 cup
 Tofu, 4 oz.
 Vegetables in cheese sauce, 1 cup
 Walnuts, 1 cup
 Yogurt, frozen, 1 cup

Better

(Each provides about 300 mg. calcium)

Almonds, 1 cup
 Bok choy, 1 cup
 Cheese, natural (Swiss, cheddar, parmesan, etc.), 1 oz
 Cheese, ricotta, part skim, non-fat, 1/2 cup
 Greens, collard, 1 cup
 Mackerel, 1 cup
 Milk, 1 cup
 Milkshake, 1
 Ricemilk, **only if fortified to 30% RDA**, 1 cup
 Salmon, pink, with bones, canned, 2/3 cup
 Soy milk, **only if fortified to 30% RDA**, 1 cup
 Yogurt, plain, 1 cup

Best

(Each provides about 400 mg. calcium)

Sardines, with bones, 4 oz.
 Yogurt, low-fat, protein-fortified, 1 cup

Calcium Supplement:

Tums, regular strength	200 mg per tablet
Tums, EX	300 mg per tablet
Tums, Ultra	400 mg per tablet
Tums, 500	500 mg per tablet

(RDA – Recommended Daily Allowance)

SAFETY PRECAUTION: Nuts and seeds are recommended only for children over 4 years of age.

VITAMIN D SOURCES: egg yolks, fish and cod liver oil, fortified milk, exposure to the sun

Nutritional references:

Patricia Hausman and Judith Benn Hurley, The Healing Foods, Dell Publishing Co., New York, NY, 1992

Victor Herbert, M.D., and Genell J. Subak-Sharpe, M.S., Total Nutrition: The Only Guide You'll Ever Need, St. Martin's Press, New York, 1995

Laurel Robertson, Carol Flinders, and Bronwen Godfrey, Laurel's Kitchen, Nilgiri Press, Berkeley, CA, 1976

Ellyn Satter, Child of Mine: Feeding with Love and Good Sense, Bull Publishing Co., Palo Alto, CA,