

## 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

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