

Calcium

Information for parents and carers

Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Calcium. The following contains some information on food sources to help improve this.

Here is also a link to a helpful fact sheet:

<https://www.bda.uk.com/resourceDetail/printPdf/?resource=calcium>

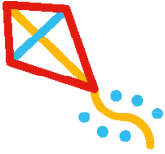
Calcium is needed to develop and maintain healthy bones and teeth.

It is also essential for muscle contraction, including the heart muscle, for nerve function and for normal blood clotting.



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Best food sources:

- Dairy products such as whole, semi skimmed and skimmed milk, yogurt and cheese
- Fortified white and wholemeal bread
- Fish with edible bones e.g. sardines, tinned salmon
- Okra

Other sources:

- Fortified dairy alternatives e.g. soya, oat and rice* products
- Green leafy vegetables e.g. broccoli, cabbage, spinach and kale
- Baked beans
- Sesame seeds
- Tofu
- Oranges
- Raisins
- Dry roasted peanuts (not suitable for young children due to choking hazard)
- Cottage cheese
- Ice cream
- Eggs

*Please note, rice products are not suitable for children under five years of age.

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