

# CALCIUM ARE YOU GETTING ENOUGH?



## Why is calcium so important?

A diet rich in calcium is important for keeping bones strong and to reduce the risk of osteoporosis. Osteoporosis is associated with coeliac disease because the lining of the gut is damaged and this reduces the absorption of vitamins and minerals from food, including calcium. It is recommended that adults with coeliac disease have at least 1,000 milligrams (mg) of calcium each day.

Don't worry if you don't reach the recommended intake every day, it is far better to think about how much calcium you have over a number of days. Eating a wide range of foods that are good sources of calcium will help you meet your requirements.

## Good sources of calcium that can be included on a gluten free diet

Dairy foods such as milk, yoghurt and cheese are good sources of calcium. Non dairy sources of calcium include dried fruit, nuts, beans and green vegetables.

## Choosing low fat options

Low fat dairy products contain just as much calcium as full fat versions so try to choose semi skimmed or skimmed milk and low fat yoghurt and cheese.

## What if you are following a gluten free and vegan diet?

If you are following a gluten free and vegan diet, soya milk that is enriched with calcium is a good alternative to cow's milk. Also, try to eat a range of other foods like green vegetables, beans and figs.

This information is for guidance only and should not replace advice given by your healthcare professional.

## Milligrams (mg) of calcium in a range of foods

| Food per serving  | Amount    |
|---|-----------|
| Skimmed milk, 200ml   | 248mg     |
| Semi skimmed milk, 200ml                                      | 244mg     |
| Calcium enriched milk alternative eg soya/almond milk*, 200ml | 240mg     |
| ½ can tinned sardines with bones, drained (42g)               | 230mg     |
| Cheddar cheese, 30g   | 220mg     |
| Canned rice pudding*, ½ can (200g)                            | 180mg     |
| Sesame seeds, 2 tablespoons                                   | 170mg     |
| Yoghurt*, 100g  | 120-200mg |
| Kale, 3 tablespoons (80g)                                     | 120mg     |
| Baked beans*, ½ tin   | 105mg     |
| Kidney beans, 120g  | 85mg      |
| Dried figs, 30g   | 75mg      |
| 1 orange  | 70mg      |
| Almonds, 30g  | 70mg      |
| Gluten free bread*, 2 slices                                  | 70mg      |
| Broccoli, 3 tablespoons (80g)                                 | 30mg      |
| Dried apricots, 30g   | 30mg      |

\*Check our online Food and Drink Information or our Food and Drink Guide for suitable products.



Adults with coeliac disease should have at least **1,000 milligrams** (mg) of calcium each day.

#### Gluten free and lactose intolerance

If you can't have lactose then try to eat a wide range of non dairy calcium rich foods such as green vegetables, sesame seeds, kidney beans, sardines, nuts and calcium enriched milk alternatives.

#### Top tips

- When you open canned fish like sardines, don't discard the bones. These are a great source of calcium and can be mashed into the fish.
- Try snacking on dried fruit, such as figs and apricots, sesame seeds and nuts. These are all good sources of calcium and by nature do not contain gluten.
- Milk on your breakfast cereal is a great way to get some calcium at the start of your day.
- Add green vegetables to your meals. Broccoli, cabbage, curly kale, green beans and watercress are all good sources and three heaped tablespoons of green vegetables counts as a portion towards your five a day.

#### What about supplements?

If you are unable to get all of the calcium you need from your diet and your calcium levels are low you may need to take a calcium supplement. For specific advice about supplements talk to your GP or dietitian.

#### Suggestions for meeting a calcium intake of at least 1,000mg a day:

##### Breakfast

Add a handful of dried figs to your breakfast cereal, 75mg.

Have milk (125ml) on your breakfast cereal, 150mg.

##### Mid morning snack

Have a pot of yoghurt, 170mg.

##### Lunch

Make a sandwich with two slices of gluten free bread, 70mg.

Add a matchbox sized piece of cheddar cheese, 220mg.

##### Evening meal

Add a serving of broccoli, 30mg.

Finish off with half a can of rice pudding\*, 180mg.

##### Late evening

Have a glass of milk (200ml), 250mg.

Visit [www.coeliac.org.uk](http://www.coeliac.org.uk) or call us on **0333 332 2033** for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



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