

WHY IS CALCIUM IMPORTANT?

Research shows that the average time it takes for someone to get diagnosed with Coeliac disease is 13 years! During that time your body will not be able to absorb important vitamins and minerals including the calcium needed for strong bones.

What lessens my risk of bone fracture?

- Following a strict gluten-free diet to make sure you absorb all the nutrients from the food you eat. Coeliac UK aims to support you. Visit www.coeliac.org.uk, or call the helpline on 0845 305 2060.
- Eating a calcium-rich gluten-free diet.
- Other lifestyle factors that reduce risk of bone fracture include taking regular exercise, stopping smoking and not drinking too much alcohol.

HOW MUCH CALCIUM DO I NEED?

Our bodies use calcium continuously, so we must replace it regularly via diet. Adults with Coeliac disease need 1000-1500 mg a day

(Source: Coeliac UK)

DO I NEED CALCIUM SUPPLEMENTS?

Food is the best source of all nutrients. However for people following a very restricted diet, supplements of calcium and/or vitamin D may be recommended by your doctor/ local dietitian

WHAT ARE THE MAIN SOURCES OF CALCIUM IN THE DIET? – numbers overleaf!

- **Dairy foods** including milk, yoghurts and cheese. Dairy alternatives made from oat, rice and soya can be enriched with extra calcium
- **Bony fish** such as sardines, pilchards, tinned salmon, anchovies and whitebait
- **Gluten-free products** where the company has chosen to enrich with extra calcium

.... OTHER SOURCES OF CALCIUM

- **Some nuts**, including almonds, hazelnuts & brazil nuts
- **Seeds** such as sesame seeds
- **Green leafy vegetables** including spinach and spring greens



WHAT NOW...? WAYS TO INCREASE CALCIUM IN MY DIET...

DAIRY FOODS

The simplest way to get more calcium is to have one pint of milk a day

Or aim for **three portions** of dairy throughout the day. A portion could be a **small pot of yoghurt** or **200ml milk**

An example day could look like this:

Breakfast: Milk on cereal

Lunch: A pot of yoghurt with a sandwich

Dinner: Fromage frais after your evening meal

Or other options:

- Fruit smoothie made with milk
- Laté coffee or flavoured milkshake

BONY FISH

Aim to have two portions bony fish per week (1 portion= 100g or 3 oz). **The bones contain the most calcium**

You could try:

- Salmon paté: tinned salmon (with bones) blended with natural yoghurt
- Pilchards or sardines on toast

OTHER IDEAS

- 1 Try stir-frying using calcium enriched tofu instead of meat
- 2 Sprinkle sesame seeds as a crispy topping for potato pies, fruit salads, breakfast cereals & salads
- 3 Add dried fruit or nuts to fruit salads, breakfast cereals or baking

HOW CAN I MAINTAIN A HEALTHY WEIGHT?

Know your Body Mass Index (BMI) which is a measure of how healthy your weight is. A BMI between 20kgm² to 25kgm² is good for bones. If you are **underweight**, you may be advised by your doctor that you need to gain weight for your bone health. **Alternatively**, if you have been advised to **lose weight**, remember that a high calcium diet **does not have to be high in fat or energy**. Most low fat dairy products have just as much calcium in them. Try using reduced fat cheddar, low fat yoghurts and skimmed milk.

WHAT'S YOUR INTAKE? – use this to find out..

To find out more about the calcium content of foods and drinks visit the Osteoporosis Society website at www.nos.org.uk

FOOD	PORTION SIZE	Calcium (mg)	FOOD	PORTION SIZE	Calcium (mg)
DAIRY			NUTS/ SEEDS		
Skimmed cow's milk	1/3 pint (200ml)	244	Tahini	1 teaspoon (19g)	130
Semi-skimmed milk	1/3 pint (200ml)	240	Sesame seeds	1 tablespoon (12g)	80
Whole milk	1/3 pint (200ml)	236	Chick peas	1 tablespoon (35g)	56
Lactose free cow's milk	1/3 pint (200ml)	234	Baked beans*	2 tablespoons (80g)	42
Plain yoghurt	Small pot (125g)	250	Almonds	6 whole (13g)	31
Fruit fromage frais	Medium pot (100g)	86	Brazil nuts	3 whole (10g)	17
DAIRY ALTERNATIVES			VEGETABLES		
Tofu- enriched	Medium portion (100g)	100-500^	Okra- stir fried	Medium portion (60g)	132
Soya milk- enriched	1/3 pint (200ml)	178	Curly Kale	Medium portion (60g)	90
Soya milk- not " "	1/3 pint (200ml)	26	Spinach-boiled	1 tablespoon (40g)	64
Soya yoghurt- enriched	Small pot (125g)	150	Broccoli	Medium portion (85g)	34
Soya yoghurt- not " "	Small pot (125g)	18	Cabbage	Medium portion (95g)	31
CEREALS			FRUIT		
Gluten –free cereal	Medium portion (30g)	30-135^	Orange juice- enriched	1 glass (160ml)	195
FISH			Orange juice- not " "	1 glass (160ml)	16
Tinned sardines	½ can (60g)	300	Orange	1 small (120g)	56
Tinned pilchards	2 fish (110g)	275	Dried figs	1 (20g)	50
Anchovies	Small tin (50g)	150	Dried apricots	4 (32g)	23
Tinned salmon	Medium portion (100g)	91	Currents	1 tablespoon (25g)	23
Whitebait (prepared with gluten-free flour)	Medium portion (80g)	688	Dried mixed fruit	1 tablespoon (25g)	18
			EVEN WATER!		
			Calcium enriched water	1 Litre	300
			Hard water**	1 Litre	111

*CHECK THE BRAND IS GLUTEN-FREE. ^Levels vary according to processing method, check the label of the brand you use. **Thames water, level quoted for Oxford 2002. SOURCE: Food Standards Agency (2002), McCance & Widdowson's The Composition of Foods.



PRESCRIPTION FOODS

Glutafin	PORTION SIZE	Calcium (mg)	JUVELA®	PORTION SIZE	Calcium (mg)
Part baked white loaf	4x slices	288	Fresh white sliced bread	4x slices	138
Fresh white loaf/ brown bread	4x slices	288	Fresh fibre sliced loaf	4x slices	204
Select long life white sliced	4x slices	558	Long life white loaves	4x slices	129
Select long life seeded bread	4x slices	559	Long life fibre loaves	4x slices	183
Select long life fibre loaf	4x slices	588	Long life white rolls	1x roll	123
Long life white rolls	1x roll	156	Long life fibre rolls	1x roll	128
Long life fibre rolls	1x roll	156	Pizza base	1x pizza	223

SUPERMARKET/ PRESCRIPTION FOODS

For more information visit the Coeliac UK website www.nos.org.uk

(sources from companies)

 (Dietary Specials)	PORTION SIZE	Calcium (mg)	 (Genius)	PORTION SIZE	Calcium (mg)
Brown multigrain sliced loaf	4x slices	160	Genius white bread 600g/ 400g	4x slices	95
Fresh multi-seeded loaf	4x slices	216	Genius brown bread 600g/ 400g	4x slices	128
Fresh white loaf	4x slices	199			
Long life multigrain sliced loaf	4x slices	160			
Long life white sliced loaf	4x slices	160			