

Calcium Calculator for children with cow's milk allergy (CMA)

Contains a list of food that can be sources of calcium for children with CMA, to suggest dietary inclusions to parents.

Generates a printable report that parents can take to their healthcare practitioner for advice.



For children diagnosed with CMA, it can be challenging to ensure their diet contains adequate calcium. This calculator is designed to assist parents to calculate dietary intake of calcium if their child has been diagnosed with CMA.

The management of CMA consists of strict dietary elimination of all products containing cow's milk protein (CMP)¹, unless otherwise recommended by a doctor.

- Allergen avoidance required for the management of food allergy can increase the risk of growth and nutritional problems in children.²
- Eliminating all cow's milk protein-containing foods from the diet also removes rich sources of key nutrients that contribute to adequate nutrition and support growth.³
- Cow's milk and dairy products are excellent sources of calcium in the diet and obtaining adequate calcium from non-dairy dietary sources can be challenging.³
- Children with multiple food allergies, especially including milk, benefit from nutritional assessment and continued dietary counselling.²



How to use the Calcium Calculator

Step 1

Choose the child's gender and age.

Is the child male or female?



Female



Male

How old is the child?

- 6 + Month ⓘ

NEXT

Step 2

Choose your child's menu for the day.

Features an indicator on the right-hand side for easy reference of the calcium intake.

STEP 2: CHOOSE YOUR MENU FOR THE DAY

Calculate your child's daily calcium intake

Food Item	Calcium Content (mg)
White Bread (calcium fortified) per 2 tablespoons (30g)	600
Oats (unsweetened, calcium fortified) per 2 tablespoons (20g)	400
English Muffin (unsweetened) per 0.5 medium (40g)	600
Eggs (soft-boiled) per large egg (50g)	600
Salmon (farmed, cooked, fresh-only) per 0.5 small can (30g)	600
Snapper Fillet (grilled, bones & skin removed) per fish only (30g)	600
Fresh Orange (sliced, drained) per 0.5 medium (80g)	600
Baby Spinach (cooked, pureed) per 2 tablespoons (15g)	600
Kale (cooked, pureed) per 2 tablespoons (15g)	600
Baked Beans (unsweetened) per 2 tablespoons (14g)	600
Firm Tofu (cooked, drained) 20g	600
Soy Milk* (calcium fortified, used in food preparation) per 2 tablespoons (40ml)	600
NHS Alfaré® (0-12 months) per 7 spoon (31g)	600
NHS Alfarino® (0-12 months) per 7 spoon (32g)	600
Breast milk (averaged) per feed (150ml)	600

YOUR CALCIUM INTAKE (mg)

Food Item	Amount	Calcium Intake (mg)
Oats (unsweetened, calcium fortified) per 2 tablespoons (20g)	01 +	66
Firm Tofu (cooked, drained) 20g	01 +	64
Meat, Fish, Poultry & Eggs	01 +	50
Snapper Fillet (grilled, bones & skin removed) per fish only (30g)	01 +	22
Lamb Shank (braised, rich, ready to chop) per fish removed from bone (30g)	01 +	22
Fruits & Vegetables	01 +	27
Kale (cooked, pureed) per 2 tablespoons (15g)	01 +	7
Apple (cooked, pureed) per 0.5 medium (80g)	01 +	7
Pumpkin (cooked, mashed)	01 +	7

RD1: 210

ALFARÉ® and ALFAMINO® are Infant Formula Products for Special Dietary Use. Products are not suitable for general use. Products must be used under medical supervision. *FPOS listed for 0-2 years. These products may be suitable over 12 months of age when used under health professional supervision. Speak to your healthcare professional for individual advice. *Soy (except soy follow-on formula) and other nutritionally incomplete plant-based milks (e.g. rice, oat, coconut or almond milk) are unsuitable alternatives to breast milk or formula in the first 12 months. Speak to a healthcare professional for individual dietary advice.

Step 3

Generate a report.

Click on the 'PRINT SUMMARY' button to print report.

OVERALL SUMMARY

Estimated Current Calcium Intake (mg): 276

Recommended Daily Calcium Intake¹: 210

PRINT SUMMARY

ⓘ This meets the recommended daily intake for a child between the age of 6 to 12 months.¹

Scan the QR code or use the link below to access the Calcium Calculator.

www.nestlehealthscience.com.au/health-management/paediatrics/calcium-calculator



IMPORTANT NOTICE: Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for the preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and weekly cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed. Mothers should be encouraged to continue breastfeeding even when their infants have Cow's Milk Allergy. If a decision to use an infant formula for special dietary use is taken, it must be used under medical supervision.

ALFARÉ® and ALFAMINO® are infant formula products for special dietary use and must be used under medical supervision. They are not suitable for general use. Calculating calcium intake can be particularly important if a child has a diagnosed Cow's Milk Allergy (CMA). Our Calcium Calculator can help ensure the daily calcium requirements are being met.

Important information about the Calculator

The calculator is general in nature only and all calculations are approximate and based on the serve size shown. It is important to note that everyone has individual requirements. Nestlé is not engaged in rendering medical advice or services and the information in this calculator is not intended for diagnostic or treatment purposes. Families of children with CMA or other allergies should consult their doctor for medical advice, including seeking advice about diagnosis and management of allergies, nutritional intake and introduction of new foods.

The Calcium Calculator contains a selection of foods from each food group that contain calcium to help provide guidance on achieving the recommended daily intake for a child. Food labels should be checked for allergens prior to use.

The nutritional information comes from Xyris Foodworks 2009 Professional Ed. v10.0. and 1NHMRC: Nutrient Reference Values for Australia and New Zealand. Available at <https://www.nrv.gov.au/nutrients/calcium> (retrieved 16.11.2020).

References: 1. Koletzko, S., et al., Diagnostic approach and management of cow's-milk protein allergy in infants and children: ESPGHAN GI Committee practical guidelines. *J Pediatr Gastroenterol Nutr*, 2012, 55(2): p. 221-9. 2. Hobbs, C.B., et al., Food allergies affect growth in children. *J Allergy Clin Immunol Pract*, 2015, 3(1): p. 133-4 e1. 3. Royal Children Hospital. Allergy & Immunology. https://www.rch.org.au/uploadedfiles/main/content/allergy/cows_milk_allergy.pdf

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