



# Dairy-Free Calcium and Vitamin D

Having strong bones is important for children as they grow and develop. Two nutrients that are particularly important to keep bones healthy are calcium and vitamin D. Most people get their calcium and vitamin D from dairy-containing sources, but when a child can't consume foods or beverages with dairy, we have to look for alternatives. Not to worry though, because there are plenty of other yummy foods and beverages that contain calcium and vitamin D. This handout shows you how much calcium and vitamin D children need and what foods and beverages contain these nutrients.

## How much do you need?

Age	Calcium (mg/day)	Vitamin D (mcg/day)
0-6 months	200 mg	10 mcg (400 IU)
7-12 months	260 mg	10 mcg (400 IU)
1-3 years	700 mg	15 mcg (600 IU)
4-8 years	1,000 mg	15 mcg (600 IU)
9-18 years	1,300 mg	15 mcg (600 IU)

## Dairy-Free Dietary Calcium Sources: (Keep in mind that some other foods and beverages contain calcium, but these are some of the more common ones.):

Food	Serving Size	Amount of Calcium (mg)
Tofu (made with calcium sulfate)	4 oz	350-400 mg
Tempeh	1/2 cup	75 mg
Sardines	3 oz	325-400 mg
Almonds	1 oz	75-100 mg
Almond milk (enriched)	1 cup	450 mg
Plant-based milk (e.g., Ripple®)	1 cup	465 mg
Rice milk (enriched)	1 cup	283 mg
Daiya® cheddar style slice	1 slice	100 mg
Daiya® Deluxe Cheddar Style Cheezy Mac	1 cup	200 mg
SO Delicious® oatmilk yogurt	1 cup	130 mg
Soy milk (enriched)	1 cup	450 mg
Collard greens, cooked	1 cup	266 mg
Kale, cooked	1 cup	100 mg
Broccoli, cooked	1 cup	60 mg
Figs, dried	2	65 mg
Orange	1	55 mg
Dry beans, cooked	1 cup	80-175 mg mg
Orange juice (enriched)	1 cup	300-350 mg
Fortified ready-to-eat cereals	3/4-1 cup	250-1,000 mg
Corn tortillas	1 medium	50 mg

**Note:** Amounts of calcium may vary depending on the brand of some foods.

**Note:** Other components of some green vegetables, such as oxalates and fiber, may prevent your body from absorbing all of the calcium.



# Dairy-Free Calcium and Vitamin D

## Dairy-Free Dietary Vitamin D Sources

Food	Serving Size	Amount of Vitamin D (mg)
Salmon, sockeye, cooked	3 oz	11.1 mcg (444 IU)
Salmon, canned	3 oz	12.3 mcg (492 IU)
Tuna, light, canned in oil	3 oz	5.7 mcg (228 IU)
Orange juice (enriched)	1 cup	2.5 mcg (100 IU)
Soy milk (enriched)	1 cup	2.7-3.0 mcg (108-120 IU)
Almond milk (enriched)	1 cup	2.4 mcg (96 IU)
Fortified ready-to-eat cereals	3/4-1 1/4 cup	0.9 - 2.5 mcg (36-00 IU)
Rice milk (enriched)	1 cup	2.4 - 3.75 mcg (96-150 IU)
Plant-based milk (e.g., Ripple®)	1 cup	6 mcg (240 IU)
SO Delicious® oatmilk yogurt	1 cup	2 mcg (80 IU)
Egg, hard boiled	1 large	1.1 mcg (44 IU)
Cod, cooked	3 oz	1.0 mcg (40 IU)
Beef liver, cooked	3 oz	1.0 mcg (40 IU)
Ham, cured	3 oz	0.6 - 0.8 mcg ( 24-32 IU)
Shitake mushrooms	1/2 cup	0.6 mcg (24 IU)

**Trouble meeting calcium and vitamin D needs? Your child may benefit from a calcium/vitamin D supplement. Below are a few brands you can try. Consult with your child’s physician or dietitian before starting a supplement.**

Brand	Dosage (for children 4 yrs and up)	Amount of Calcium (mg)	Amount of Vitamin D (mcg)
Lil Critters®	2 bears	200 mg	5.5 mcg (200 IU)
Target Kids’ calcium + vitamin D3 gummies	2 bears	220 mg	11 mcg (440 IU)
Yummi Bears® calcium + D3	3 chews	375 mg	7.5 mcg (300 IU)
Nature Made® kids first bone builder	1 gummy	200 mg	9 mcg (360 IU)
Solgar U Cubes™	2 gummies	250 mg	7.5 mcg (300 IU)
Kirkman®	1 wafer	250 mg	2 mcg (80 IU)
Caltrate®	1 tablet	600 mg	20 mcg (800 IU)
Nature Made® calcium with D3	1 tablet	600 mg	10 mcg (400 IU)
Pure Encapsulations® calcium and vitamin D3	6 capsules	900 mg	20 mcg (800 IU)