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CALCIUM

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Did you know?

The adult human body contains more than 1 kilogramme (kg) of calcium and almost all of it (99%) stored in the skeleton and teeth. The 1% or so that is outside the skeleton, is important for normal heartbeat and blood pressure, muscle contraction and blood clotting.

Why is calcium important in cystic fibrosis?

Most adult with CF make less new bone than usual- a condition called osteopenia. This could lead to thin, brittle bones which fracture easier- a condition called osteoporosis.

How much Calcium do you need?

Men and women over 18 years	700mg/day
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Any other vitamins important in calcium absorption?

Vitamin D helps the body to absorb calcium from the food we eat. Vitamin D levels tend to be low in cystic fibrosis. It is important that you take your vitamin supplements in order to maintain an adequate vitamin D level.

Count up your Calcium

Glass of whole milk (200ml)	226mg
1 pint of whole milk	653mg
Glass of semi-skimmed (200ml)	236mg
150g yogurt	225mg
30g cheese (matchbox size)	220mg
3 scoops ice cream	234mg
1 small can of baked beans	80mg
A slice of cheese & egg quiche	364mg
A slice of pizza	180mg
4oz canned sardines in oil	550mg
4oz of milk chocolate	220mg
2 slices of white bread	70mg

Tasty tips**Have breakfast every morning;**

Cereal with milk, cereal bar or Biscuit and a glass of milk.

You don't have to have cereal for breakfast, use it as a snack anytime.

Have a yoghurt each day after a meal or as snack;

Choose thick and creamy, Greek style custard style or fruit corner for more calorie.

Use cheese as a topping ;

On soups, in mashed potatoes, on jacket potatoes, on burgers and pasta dishes.

Make your drink out of milk;

Milky coffee, hot chocolate, Ovaltine, Horlicks, milkshake.

Add milk meals;

Cheese sauce with macaroni, parsley sauce on fish, lasagne, angle delight, custard, milk jelly, dairy ice cream.

If you don't like milk, choose these foods more often;

Baked beans, white bread or Naan, tinned salmon, sardines or pilchards with bones.

If you have a takeaway, have a milkshake with your meal instead of coke.