



### Dairy Free Kids:

If your child is sensitive to dairy and removing this from the diet clears up symptoms, keeping this out long-term may be a good idea. If that's the case, we must pay attention to calcium in the diet in order to ensure they keep growing at a healthy pace and with adequate bone density.

Instead of...	Try...
Milk	Almond milk, coconut milk, rice milk, hemp milk. Make sure these are fortified (most are).
Cheese	Soy/vegan cheese if you need a cheese slice Daiya cheese shreds (melted only; raw they don't taste very good)
Ice cream	Coconut ice cream
Creamy sauces (homemade)	Cashew cream: soak cashews in water for a few hours, or if you're short on time, soak them in boiled water for about 20 minutes. Whiz in a blender until smooth. Acts like cream in any recipe!
Yogurt	Coconut yogurt

### Calcium:

Food Source	Serving Size	Amount of Calcium
Collard Greens, frozen	8 oz	360mg
Sardines, canned with bones	3 oz	325mg
Almond, rice or soy milk, fortified	8 oz	300mg
Orange and other fruit juices, fortified	8 oz	300mg
Tofu, prepared	4 oz	205-800mg
Broccoli Rabe	8 oz	200mg
Salmon, canned with bones	3 oz	180mg
Kale, frozen	8 oz	180mg
Soy beans, boiled	8 oz	175-260mg
White beans, boiled	8 oz	160mg
Bok Choy, boiled	8 oz	160mg
Oatmeal, fortified	1 packet	140mg
Navy beans, boiled	8 oz	125mg
Chickpeas, canned	8 oz	110mg

Black turtle beans, boiled	8 oz	100mg
English Muffin, fortified	1 muffin	100mg
Cereal, fortified	8 oz	100-1000mg
Almonds	1 oz	75mg
Sweet potato, boiled	8 oz	75mg
Figs, dried	2	65mg
Broccoli, fresh, cooked	8 oz	60mg
Oranges	1	55mg