

Community Nutrition and Dietetics

Beckenham Clinic
14 The Crescent
Beckenham
BR3 1DU

Tel: **0300 330 5777**

Welcome to Bromley Community Nutrition and Dietetics

We are registered dietitians who work in Bromley to give expert advice on nutrition and dietetics. Your child will be seen by a children's dietitian. Your child can be referred to us if they are under 18 and registered to a Bromley GP. Your child may be referred by their GP, Health Visitor or other professional.

Where can you find us?

We run clinics across the borough of Bromley and we will try and see your child in a clinic close to where you live. All of our clinics have wheelchair access.

Our Clinics

Princes Plain Clinic
Church Lane, Princes Plain
Bromley BR2 8LD

St Paul's Cray Clinic
Mickle Road
Orpington, BR5 2RJ

Community Vision Children and Family Centre
Woodbine Grove
Penge, SE20 8UX

Bromley Healthcare
better together

The Dietetics service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1 Knoll Rise
Orpington BR6 OJA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
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NHS



Does your child need more calcium?

Bromley Children Community Dietitians

Calcium

We need calcium in our diet to build strong bones and Calcium also helps our muscles and nerves to work properly and helps to control weight and blood pressure

Where do we get calcium from?

- Milk and fortified soya milk
- Cheese
- Yoghurt
- Milk puddings and custard
- Tinned fish
- Baked beans
- Nuts and seeds - avoid until 3 years where there is a family history of allergy, avoid whole nuts until 5 years because of the risk of choking
- Green vegetables
- White bread and flour
- Fortified orange juice

How much calcium do we need?

Department of Health recommends:

	Calcium per day (mg)
Babies 6-12 months	525
Children 1-3 years	350
Children 4-6 years	450
Children 7-10 years	550
Adolescents 11-18 years (girls)	800
Adolescents 11-18 years (boys)	1000
Adults	700
Breastfeeding Women	1250

Foods high in calcium

Food	Calcium (mg)
2oz tofu (60g)	304
Glass of milk (200ml)	230
1 pot of yoghurt (150g)	225
1 matchbox size piece cheese	220
Bowl of tinned rice pudding (150g)	195
Glass of fortified soya milk (200ml)	180
1 slice of soya cheese (40g)	180
2 scoops dairy ice cream	145
1 pot soya yoghurt (125g)	125
1 glass fortified orange juice (150ml)	125
Bowl cereal and milk	120
1 canned sardine in sauce	115
Handful almonds (40g)	100
1 pot fromage frais (100g)	86
Small can baked beans (150g)	80
2 slices white bread	72
1 serving broccoli (95g)	72
1 large orange	70
7 dried apricots	52
1 tblsp sesame seeds (15g)	20

Did you know?

We are born with more than 300 bones? Bromley tap water contains 98mg calcium per litre! That's more than most pricy mineral waters.

Making the most of calcium

- Calcium needs Vitamin D to help it work properly in the body.
- Vitamin D is found in oily fish; herrings, pilchards, trout, sardines, salmon, tuna, fortified breakfast cereals, margarines and eggs.
- Playing or walking outside for fifteen minutes in the summer causes sunshine to activate Vitamin D through your skin. Remember to wear a hat and sunscreen between 11 and 3, though!
- Breast fed babies and bottle-fed babies drinking less than 500ml formula need Vitamin Drops from six months until five years of age. Ask your health visitor, clinic or pharmacy.

'Help my child won't drink milk' - try the following suggestions:

- Fruit smoothies made with fresh fruit and yoghurt
- Grated cheese on pasta and mashed potatoes
- Custard with tinned fruit
- Cheese sauce on fish or pasta
- Beans on white toast
- Yoghurt or cheese and fruit as a snack
- Flaked almonds in stir-fries and salads