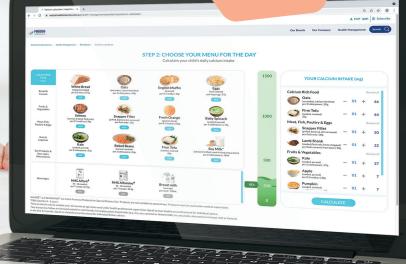
Calcium Calculator for children with cow's milk allergy (CMA)



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.







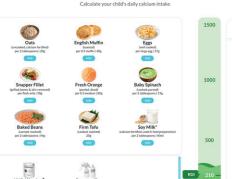


Step 2

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



Firm Tofu (cooked, masked

Step 3

Generate a report.

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

OVERALL SUMMARY



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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