

Department of Paediatric Gastroenterology, Hepatology and Nutrition

Inflammatory bowel disease and bone health

Children and young people continue to build their bones until their early twenties. If you have inflammatory bowel disease you are at risk of poor bone development during childhood and then osteoporosis (thin bones that are more likely to fracture) as an adult due to:

- Poor absorption of nutrition
- Poor appetite and poor nutritional intake
- Certain medications

It is important to make sure that you look after your bones so that they can grow and achieve their full potential.

Calcium

Calcium is the main nutrient in the development of strong healthy bones. The main sources are dairy products such as milk, cheese and yogurt. You should aim to eat two to three portions of these per day. A portion is 200ml milk, 30g cheese or 100g yogurt.

Calcium requirements are calculated as an amount per day and change according to age and gender.

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|------------------------|---------|
| • 0 - 12 months | 525 mg |
| • 1 - 3 years | 350 mg |
| • 4 - 6 years | 450 mg |
| • 7 - 10 years | 800 mg |
| • 11 - 14 years female | 800 mg |
| • 11 - 14 years male | 1000 mg |
| • 15 - 18 years female | 1000 mg |
| • 15 - 18 years male | 1000 mg |
| • 19 + years | 700 mg |

Have a look at the list below to see if you are meeting your requirements.

Main dietary sources of calcium

Food	Portion size	Calcium (mg)
Milk		
Milk pasteurised-all types (average)	one pint (568ml)	650-680
	one glass (200ml)	230-240
Evaporated/condensed	one small can (170g)	495
Yoghurt		
Whole milk and low fat		
Plain	one pot (150g)	280-300
Fruit	one pot (150g)	225-240
Diet	one pot (150g)	195
Greek	one pot (150g)	225
Drinking yoghurt	one carton (200ml)	200
Cheese		
Cheddar	1 oz (28g)	200
Edam	1 oz (28g)	215
Brie	1 oz (28g)	150
Camembert	1 oz (28g)	100
Stilton	1 oz (28g)	90
Parmesan	1/2 oz	170
Cottage cheese	one small pot (112g)	80
Fromage frais	one small pot (60g)	55
Desserts		
Milk pudding	one average bowl (200g)	260
Custard	one average portion (150g)	210
Milk alternatives		
Calcium enriched soya milk	one pint (568ml)	795
	one glass (200ml)	280
Soya cheese	1 oz (28g)	125
Calcium enriched rice milk (not for children under five 5 years)	one pint (568ml)	680
	one glass (200ml)	240
Calcium enriched oat milk	one pint (568ml)	680
	one glass (200ml)	240

Other factors that affect your bones

Vitamin D

Vitamin D is made in your body following exposure to the sun. If you use a lot of sunscreen this process can be reduced, therefore it is important to get good sources from your diet. The main sources of vitamin D are dairy products, oily fish e.g. mackerel, sardines and butter/margarine.

Exercise

Weight bearing exercise can help build bones. This can be exercise such as running, football, rugby, hockey, athletics, trampolining and many more.

Fizzy drinks

Fizzy drinks can cause calcium to be leaked from your bones. They are also bad for your teeth so keep them as a treat.

Steroids

Steroids used to treat inflammatory bowel disease can thin your bones if used for a long time. To minimise these effects you may be given a calcium supplement while you are taking them. Calcium is best absorbed overnight, so supplements are best taken in the afternoon and before going to bed.

If you have any other questions about bone health ask your Doctor or Nurse to refer you to a dietitian for more advice.



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For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

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Portuguese

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Arabic

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Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

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Bengali

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Document history

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Contact number	01223 245151
Publish/Review date	May 2010/May 2013
File name	Inflammatory_bowel_disease_and_bone_health
Version number/Ref	1/PIN2623