GLOBAL DIETARY CALCIUM INTAKE AMONG ADULTS
Calcium intake is one of the many factors affecting the development of peak bone mass in children and adolescents, and preservation of bone mass in adults.

When bone loss occurs at a rate of 1% per year, calcium loss is of approximately 15 g per year.

99% of the 1kg of calcium found in the average adult body resides in the bones.

Low calcium intake in some populations may adversely affect the retention of bone mass in older adults.

Calcium is an important component of bone, accounting for up to 30 to 35% of its mass and much of its strength.
The data shown on the Dietary Calcium Intake Map were derived from the Study published in November 2017.

**NEPAL** 175 mg/day **VS** **ICELAND** 1233 mg/day

Average dietary calcium intake in adults ranged from 175 mg/day in Nepal to 1233 mg/day in Iceland.

**BETWEEN 400 & 700 mg/day**

Many countries in AFRICA, CENTRAL AND SOUTH AMERICA, THE MIDDLE EAST, AND CENTRAL ASIA did not have available estimates. Of those who did, intake ranged between 400 and 700 mg/day.

**SOUTH, EAST, SOUTH EAST ASIA**

Most countries of South, East, and South East Asia have very low average dietary calcium intake, less than 400 to 500 mg/day, including large countries like China, India, Indonesia, and Vietnam.

**NORTHERN EUROPE >1000 mg/day**

Countries with average dietary calcium intake greater than 1000 mg/day were in Northern Europe.

**ASIA PACIFIC COUNTRIES**

Many Asia Pacific countries with very low calcium intakes also have suboptimal vitamin D status, with mean serum 25(OH) levels in the range of 25-49 nmol/L, including China, Malaysia, India, and South Korea. See IOF Vitamin D Map for more information.

**74 COUNTRIES WITH DATA**

123 countries were without qualifying data on calcium intake.

**LIMITATIONS OF THE STUDY**

Only 24% studies have current data (since 2000) and are nationally representative; study sample size range from 32 to 306,329 participants.
Global map of average dietary calcium intake in adults

Our vision is a world without fragility fractures in which healthy mobility is a reality for all.