**IOF GLOBAL MAP OF DIETARY CALCIUM INTAKE**

**CALCIUM is important for BONE HEALTH**

**DIETARY CALCIUM INTAKE**

74 COUNTRIES WITH DATA THAT QUALIFIED FOR THE SURVEY

**LOWEST**

NEPAL

175 mg/day

**HIGHEST**

ICELAND

1233 mg/day

**LOW INTAKE AMONG THE MOST POPULOUS COUNTRIES**

<table>
<thead>
<tr>
<th>Country</th>
<th>Ca (mg/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHINA</td>
<td>338</td>
</tr>
<tr>
<td>INDONESIA</td>
<td>342</td>
</tr>
<tr>
<td>INDIA</td>
<td>429</td>
</tr>
</tbody>
</table>

**VARIATION BETWEEN REGIONS**

**AFRICA & SOUTH AMERICA**

**NORTH AMERICA AND EUROPE**

**GREAT VARIATION WITHIN REGIONS**

**Adapted from: Osteoporos Int (2017). 28(12), 3315-3324**

The interactive map is available at: https://www.iofbonehealth.org/facts-and-statistics/calcium-map

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