



GLOBAL DIETARY  
**CALCIUM**  
**INTAKE**  
AMONG ADULTS

Ca

diet

world

adult



# WHY CALCIUM IS IMPORTANT



Ca

Calcium

40.078

**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.

# KEY

# FINDINGS

The data shown on the Dietary Calcium Intake Map were derived from the Study published in November 2017<sup>1</sup>

## NEPAL VS ICELAND

175 mg/day

1233 mg/day

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

**NO CLEAR PATTERN** based on **sex, age, urban versus rural** residence or income groups across countries.

### 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<sup>2</sup>.

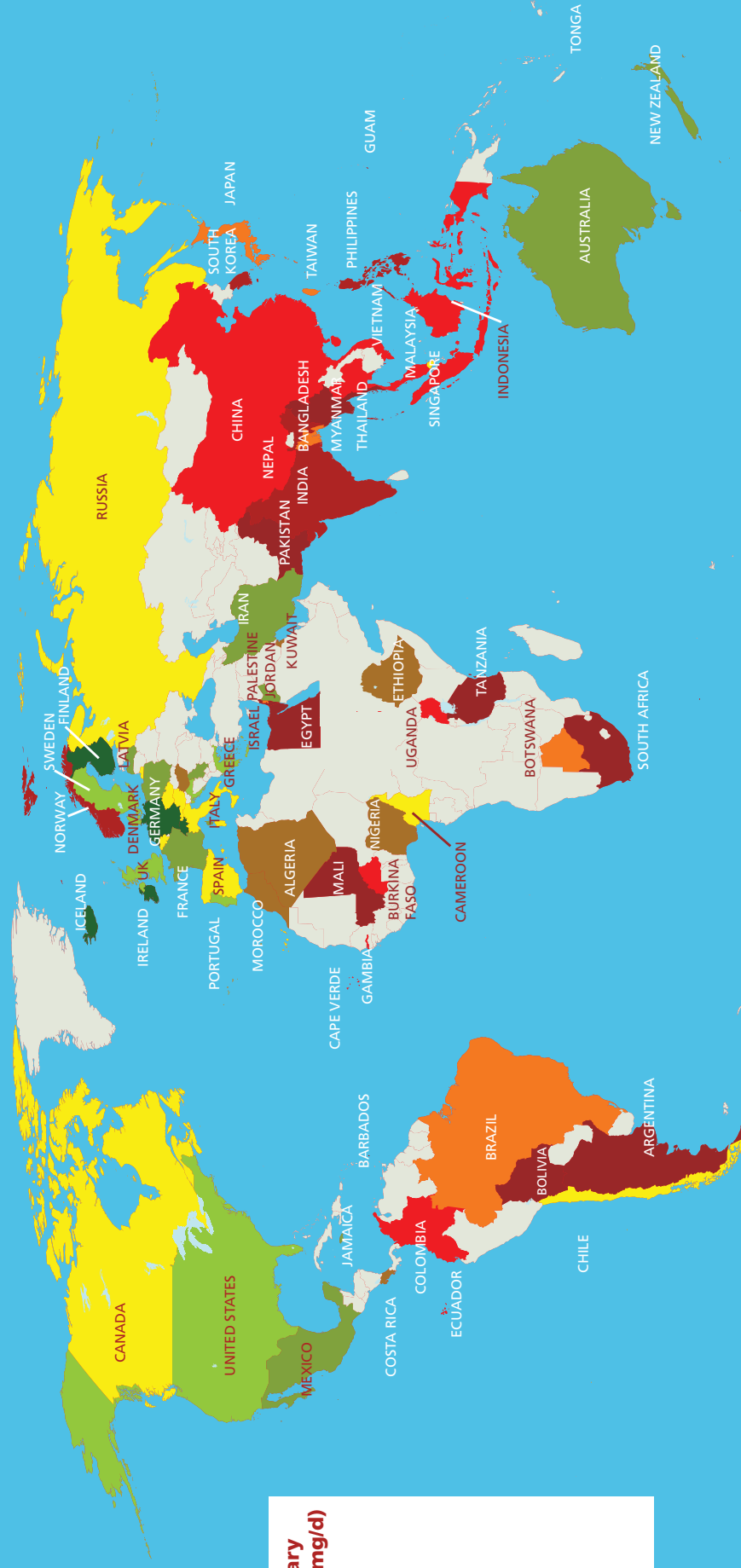
### 74 COUNTRIES WITH DATA

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



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

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## References:

1. Balk EM et al., Osteoporos Int (2017). 28(12). 3315-3324 doi: [org/10.1007/s00198-017-4230-x](https://doi.org/10.1007/s00198-017-4230-x)
2. Wahl DA et al., Archives of Osteoporosis (2012);7:155-72. doi: [10.1007/s11657-012-0093-0](https://doi.org/10.1007/s11657-012-0093-0).

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