



CALCIUM

Introduction to
Nutrition and Wellness
Nutrition and Food Science Program

RDA

Ages:

9-18yrs: 1,300 mg

19-50yrs: 1,000 mg

71+yrs: 1,200 mg



FOOD SOURCES

- Yogurt, plain, low fat, 8oz, 415mg.
- Calcium Fortified Orange Juice, 1 Cup, 349mg
- Firm Tofu made with calcium sulfate, 1/2 Cup, 253mg
- Pink Salmon, canned, with bones, 3oz, 181mg

FUNCTIONS

- Makes most of the structures of bones and teeth.
- Mediates in blood vessels. contraction and dialation, and blood clotting.
- Aids in muscle functions.



DEFICIENCY

- Calcium deficiency reduces bone strength and leads to osteoporosis.
- Causes rickets in children.
- Hypocalcemia caused by low serum calcium levels.

GROUPS AT RISK OF CALCIUM INDECENCY

- Postmenopausal women.
- Individuals who may avoid dairy. products such ad vegans, lactose intolerants, and those with allergies

FUN FACTS:

- Calcium is the most abundant mineral in the body with 99% in the bones and 1% in the soft tissues.
- Mre than 40% of the US population do not meet the calcium requirment from the diet alone.

SOURCE

<https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>

<https://lpi.oregonstate.edu/mic/micronutrient-inadequacies/overview>

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