Calcium Memo

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Calcium Memo

To:

From: Scientific team representative

Date:

Subject: Calcium Intake Recommendations

This memo aims to inform the team about the difference between the suggested calcium intake and the actual average intake of calcium by the US population. In order to ensure sound health and prevent diseases, it is highly recommended to only take the suggested quantity of nutrients. Based on the nutrient research, this memo will also make recommendations to alter the average intake of calcium.

Calcium is a necessary mineral in the human body and is available in some foods as well. It is imperative for muscle function, hormonal secretion, and vascular contraction, etc. Most of the body calcium is deposited in teeth and bones for their proper working. Calcium intake is therefore essential to keep the smooth functioning of muscles and bones in human body. The calcium intake recommendations were developed by the Food and Nutrition Board (FNB) and it established RDAs for the needed amount of calcium for a healthy body. These RDA's are enough to fulfill the requirements of almost all healthy individuals. These RDA’s are mentioned in the table below (“Office of Dietary Supplements—Calcium,” n.d.).



Figure Recommended Dietary Allowances (RDAs)

Looking at the statistics revealed by the NHANES and a study accumulating the results from the survey, the average intake of calcium among the US populations is higher than the average recommended intake. The estimated average requirement (EAR) of calcium is mentioned above in the table. The analysis of data from NHANES reports that the commonness of calcium supplement intake resulted in the overall high calcium intake than the recommended quantity. This rate of calcium intake has increased from 2.5% to 4.6% from 1999 to 2014 (Rooney, Michos, Hootman, Harnack, & Lutsey, 2018). The overall prevalence of taking calcium supplements is higher than the Tolerable Upper Intake Levels (UL), from the supplemental calcium. In addition, this increased intake of supplemental calcium is noticed among women, older adults, and non-Hispanic whites. In all these previous years the amount of calcium intake has remained higher among the US population.

Based on the studies and data obtained from the survey, it is highly recommended to reduce the intake of supplementary calcium, since intake of calcium higher than what is recommended makes one vulnerable to various health issues such as hypercalciuria, renal insufficiency, soft tissue calcification, and kidney stones. Excessive intake of calcium can also result in the hypercalcemia that calls for a reduction in the supplementary calcium (Bailey et al., 2010). Increased intake of calcium also reduces the absorption ability of the body. In addition, it is recommended to fulfill the requirement of calcium intake with the help of foods such as cheese, yogurt, and milk that are the most common sources of calcium among the population of the US (Bailey et al., 2010). Rather than taking the dietary supplements, food rich in calcium must be consumed. In the case of calcium deficiency, calcium supplements and medicines must be consumed after the physician advice. However, considering the statistics the primary need is to cut off on supplementary calcium to avoid any shortcoming and health hazards. One has to be aware of the amount of calcium one is taking from a variety of sources of calcium.

# **References**

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