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Optimal Calcium Intake

January 1990 through April 1994 plus selected earlier citations

775 Citations

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OPTIMAL CALCIUM INTAKE

Over the past decade, both the general public and scientists have been exposed to a great deal of literature about the value of ensuring an adequate calcium intake throughout life. A number of articles in the recent medical literature have addressed the role of calcium intake in the prevention of disorders including osteoporosis and other bone diseases, colon cancer, kidney stones, and high blood pressure.

The results of this research indicate that the optimal level of calcium intake may be greater than the amount consumed by a majority of the American people. Optimal calcium intake may vary according to the disease being considered, and may also vary according to a person's age, sex, and ethnicity. Optimal calcium intake may be achieved by diet, calcium supplements, or calcium-fortified foods, or by various combinations of these. In addition, various cofactors play a role in achieving optimal calcium intake. These include factors such as vitamin D, which is needed for optimal calcium absorption, hormones, and factors that can negatively influence calcium availability, such as certain medications or phytates in foods.

This bibliography lists selected references in English on calcium intake and health status published as monographs, journal articles, audiovisuals, bibliographies, and pamphlets from January 1990 through April 1994, plus selected earlier journal citations included for their importance or unique coverage. Arrangement of the bibliography is by subject, with the first four major categories devoted to the scientific clinical and research coverage of calcium intake and bioavailability. The last category of citations was selected from a broader variety of sources and is directed at public health issues. Each citation appears in only one category. Within each category, arrangement is alphabetical by author.

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SS 7 = 6 AND NOT ANIMAL
SS 8 = 7 AND FOOD, FORTIFIED OR 7 AND FOOD LABELING OR 7 AND NUTRITION ASSESSMENT OR 7 AND EXP LIFE STYLE OR 7 AND LACTOSE INTOLERANCE OR 7 AND SOYBEANS
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SAMPLE CITATIONS

Citations in this bibliographic series are formatted according to the rules established for *Index Medicus*®*. Sample journal and monograph citations appear below. For journal articles written in a foreign language, the English translation of the title is placed in brackets; for monographs, the title is given in the original language. In both cases the language of publication is shown by a three letter abbreviation appearing at the end of the citation. Note also that a colon (:) may appear within an author's name or article title. The NLM computer system automatically inserts this symbol in the place of a diacritical mark.

Journal Article:

Authors *Article Title*

Havala S, Dwyer J. Position of the American Dietetic Association: vegetarian diets.
J Am Diet Assoc 1993 Nov;93(11):1317-9.

Abbreviated Journal Title *Date* *Volume* *Issue* *Pages*

Monograph:

Authors/Editors *Title*

Mundy GR, editor. Calcium homeostasis: hypercalcemia and hypocalcemia.
London: M. Dunitz; 1989. 248 p.

Place of Publication *Publisher* *Date* *Total No. of Pages*

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*For details of the formats used for references, *see* the following publication:

Patrias, Karen. *National Library of Medicine recommended formats for bibliographic citation.* Bethesda (MD): The Library; 1991 Apr. Available from: NTIS, Springfield, VA; PB91-182030.

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CALCIUM INTAKE: EFFECT ON SKELETAL HEALTH AND DISEASE

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