

Food Item	Nutrient per 100 of edible Portion.
Bajra	42
Ragi	344
Wheat Flour	48
Tuar Dal	56
Black Gram Dal	154
Green Gram	124
Horse Gram	287
Agathi Leaves	1130
Drumstick leaves	440
Curry Leaves	830
Amaranth Leaves	397
Gingely Seeds	1450
Roasted Groundnut	77
Mutton	150
Egg	60
Buffalo Milk	210
Cow Milk	120

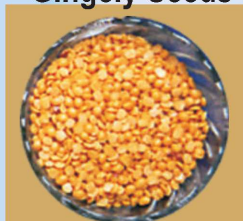
Calcium rich food items



Gingely Seeds



Ragi



Tuar Dal



Curry Leaves



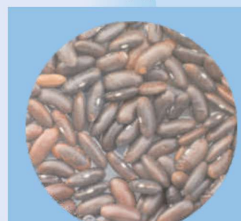
Bajra



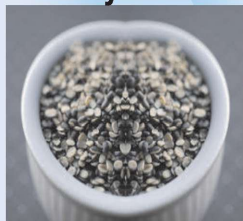
Egg



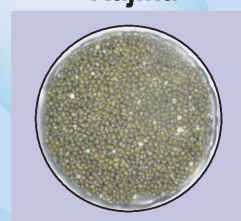
Soyabeans



Rajma



Black Gram Dal



Green Gram

CALCIUM



NATIONAL INSTITUTE OF NUTRITION
(Indian Council of Medical Research)
Jamai Osmania PO, Hyderabad
Andhra Pradesh, INDIA

- ☞ Calcium is one of most important minerals required by the human body and it is also one which is present in high concentration in our body.
- ☞ It is very essential for people of all age groups right from fetus to the old age.
- ☞ Calcium is sufficient to offset obligatory losses leads to reduction in bone mass and they are of causes of osteoporosis.
- ☞ Calcium needs to be taken in recommended level especially during adolescent age period (10- 18) years, since rapid growth takes place during this period.
- ☞ ' Bone is the body's calcium reserve, calcium serves both the functions of bone formation and bone resorption (which transfer mineral from blood to bone)
- ☞ Calcium needs to be taken optimum level during pregnancy as the fetus growth takes place after 10 weeks of gestation till the full growth of the baby.
- ☞ Calcium is essential for healthy bone formation.
- ☞ The bone development of fetus depends on the dietary calcium intake of the mother; similarly during the lactation also woman need to more calcium to take care of her bone as well baby's bone growth.
- ☞ Calcium must be taken in optimum level during the adolescent period also, as the height of a person depends on food intake mainly dietary calcium.
- ☞ So one must consume calcium rich food such as milk and milk products, millets like ragi, animal food as well as green leafy vegetables, through the diet.

