**Appendix C. Average dietary calcium intake by country and study characteristics, with references**

| **Calcium Intake, mg/d** | **Country** | **Survey Years** | **Ages, y** | **Female, %** | **BMI, kg/m2** | **Calcium Intake Assessment** | **N Total** | **Representative****a** | **Female: Male Ratio** | **Age Analyses**b | **SES Analysesb** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 175 | Nepal [1] | 2003 | ≥20 | 62 | 19.4 | FFQ & food record | 317 | No (local, small) | 0.85 |  |  |
| 238 | Uganda [2] | nd (pre-2011) | ndc |  |  | Recall | 173 households | No (local, children, small) |  |  |  |
| 297 | Colombia [3] | 2003 | 20-60 |  |  | Food record | 70 | No (local, age, small) |  |  |  |
| 313 | Thailand [4] | nd (pre-2008) | 20-85 |  | 22.4 | Recall | 436 | No (local, small) | 0.70 |  |  |
| 335 | Gambia [5] | 2011-2013 | ≥40 | 52 |  | Food record | 467 | No (age, small) | 0.78 | Similard |  |
| 338 | China [6] | 2002 | 2-101c |  |  | Recall | 68962 | No (children) |  |  | Rural (vs. urban) lower |
| 342 | Indonesia [7] | 1998 | nd |  |  | nd | nd | No (old) |  |  |  |
| 345 | Vietnam [8] | 2000 | nd |  |  | FFQ | 4080 | No (local) |  |  |  |
| 358 | Burkina Faso [9] | 2006 | nd |  |  | Recall | 1005 households | No (local) |  |  |  |
| 384e | Ecuador [10] | 2012 | 19-60 |  |  | Recall | 10592 | No (age) | 0.96 |  |  |
| 393 | Cape Verde [11] | 2002 | Allc |  |  | Food record | 4824 households | No (children) |  |  |  |
| 399 | Malaysia [12] | 2002-2003 | 18-59 | 52 |  | Recall | 6886 | No (age) | 0.99 | Similard | Rural (vs. urban) lower |
| 427 | Argentina [13] | 2004-2005 | 18-49 | 100 |  | nd | 4819 | No (age, women) |  |  |  |
| 429 | India [14] | 2011-2012 | ≥18 | 50 |  | Recall | 306329 | Yes | 0.83 |  |  |
| 440 | Philippines [15] | 2003 | Allc |  |  | Food record | 25882 | No (children) |  |  |  |
| 444 | Mali [16] | 2007 | 15-49 | 100 |  | Recall | 108 | No (local, women, small) |  |  |  |
| 458 | Bolivia [17] | 2002 | nd |  |  | FFQ | 5746 households | Yes |  |  |  |
| 462 | Pakistan [18] | 2008 | ≥18 | 100 | 23.8 | Recall | 200 | No (local, women, small) |  |  |  |
| 471 | Tanzania [19] | 1987 | 35-74 |  |  | Recall | 173 | No (local, age, small, old) | Urban 0.91, rural 1.13 | Older lower | Rural (vs. urban) higher |
| 479 | South Africa [20] | 1983-2000 | ≥15 |  |  | Recall | 3231 | No (old) | 0.65 |  |  |
| 483 | South Korea [21] | 2010-2012 | ≥19 | 50 |  | Recall | 15603 | Yes |  |  | Food insufficient lower |
| 487 | Barbados [22] | 2000 | ≥18 |  | 25.8 | FFQ & recall | 1739 | Yes | 0.89f | Older higher |  |
| 488 | Norway [23, 24] | 1994-1995 | 24-70 |  | 25.6 | FFQ | 18914 | No (age, old) | 0.81 |  |  |
| 489 | Guam [25] | nd (early 2000s) | 18-83 |  |  | Recall | 400 | No (small) | 0.87 |  |  |
| 492 | Israel [26] | 1999-2001 | 25-64 |  |  | Recall | 2782 | No (age, old) |  |  |  |
| 495 | Egypt [16] | 2004 | 20-60 | 100g |  | Recall | 1090 | No (age, women) |  |  |  |
| 498 | Myanmar [7] | 1998 | nd |  |  | nd | nd | No (old) |  |  |  |
| 505 | Brazilh  [27, 28] | 2009 | 20-59/≥60 |  | 25.5/nd | Food record | 21003/4322 | No (age) | 0.89/0.95 |  | Income groups similar |
| 507 | Palestine [29] | nd (pre-2012) | 31-50 | 100 |  | Recall | 149 | No (local, age, women, small) |  |  |  |
| 529 | Bangladesh [30] | 2011 | Allc | 51 |  | Unclear | 31066 | No (children) | 0.96 |  | Rural (vs. urban) lower |
| 533 | Japan [31] | 2003-2007 | 18-74 |  |  | Food record | 22712 | No (age) | 0.99 |  |  |
| 587 | Taiwan [32] | 2005-2008 | 19-64 |  |  | Recall | 1942 | No (age) | 0.92 |  |  |
| 588 | Botswana [33] | 2007 | 18-75 | 80 | 26.2 | Recall | 79 | No (local, age, small) |  |  |  |
| 607 | Tonga [34] | 2005-2006 | 40-59 |  | 32.2 | Recall | 34 | No (local, age, small) | 0.76 |  |  |
| 616 | Algeria [35] | 2009-2010 | 41-66 (71% of sample) |  | 27.1 | Recall | 176 | No (local, age, small) | 1.18 |  |  |
| 636 | Nigeria [36] | 2003-2004 | ndc |  |  | FFQ | 13142 households | No (children) |  |  | Rural (vs. urban) lower |
| 664 | Ethiopia [37] | 2005 | ≥18 |  | 22.8 | Recall | 356 | No (local, small) | 0.75 |  |  |
| 672 | Morocco [38] | 2004 | ≥16 | 61 |  | FFQ | 691 | No (local, small) |  | Older lower |  |
| 673 | Hungary [39] | 2009 | ≥19 |  |  | FFQ | 3077 | Yes | 0.93 | Older lower |  |
| 673 | Costa Rica [40] | 1996-1998 | 20-65 | 50 |  | Recall | 60 | No (age, small, old) |  |  |  |
| 695 | Kuwait [41] | 2008-2009 | ≥19 | 55.3 |  | Recall | 1049 | Yes | 0.79 | Similard |  |
| 702 | Chileh  [42, 43] | 2014/2012 | ≥65/35-70 | 61/nd | 27.4/29.1 | FFQ | 597/66 | No (local, age, small) |  |  |  |
| 728 | Belgium [44] | 2004 | ≥19 |  |  | Recall | nd | Yes | 0.88 | Older lower |  |
| 760 | Cameroon [45] | 2001 | nd |  |  | nd | 557 households | No (local, small) |  |  |  |
| 765 | Italy [46] | 2005-2006 | ≥18 |  | 25.4 | Recall | 2831 | Yes | 0.91 | Older higher |  |
| 773 | Austria [47] | nd (pre-2004) | ≥55 |  |  | nd | 641 | No (age, small) | 1.06 |  |  |
| 782 | Czech Republic [48] | 2005 | 45-69 |  | 27.8 | FFQ | 7913 | No (local, age) | 1.16 |  |  |
| 787 | Canada [49] | 2004 | ≥19 |  |  | Recall | 35107 | Yes | 0.86 | Older lower |  |
| 788 | Russia [48] | 2005 | 45-69 |  | 26.5 | FFQ | 9098 | No (local, age) | 0.95 |  |  |
| 789 | Spain [44] | 2002-2003 | ≥19 |  |  | Recall | 1923 | Yes | 0.94 | Older lower |  |
| 794 | Singapore [50] | 2010 | 18-69 | 50 |  | FFQ | 1647 | No (age) | 0.94 | Older lower |  |
| 805 | Australia [51] | 2011-2012 | ≥19 | 53 |  | Recall | 9338 | Yes | 0.86 | Older lower |  |
| 805 | Mexico [52] | 2006 | 20-59 | 60 |  | FFQ | 15746 | No (age) | 0.9 |  | Urban vs. rural similar |
| 807 | New Zealand [53] | 2009 | ≥19 |  | 27.6 | Recall | 4721 | Yes | 0.83f | Older lower |  |
| 830 | Polandh  [48, 54] | 2002-2005/2010-2011 | 45-69/45-64 |  | 27.1/29.1 | FFQ | 9859/3862 | No (local, age) | 1.03/1.07 |  | Rural (vs. urban) lower |
| 837 | Jamaica [55] | nd (pre-2000) | 25-74 | 60 | 26.7 | Recall | 73 | No (local, age, small, old) |  |  |  |
| 838 | Serbia [56] | 1998 and 2003 | 30-74 |  |  | Food record | 1305 | No (age) | younger 0.77, older 0.92 | Older lower |  |
| 856 | Jordan [57] | 2012 | ≥18 | 51 |  | Recall | 55 | No (small) |  |  |  |
| 859 | Iran [58] | 2001 | ≥40 |  |  | Recall | 1922 | No (local, age) | 0.91 | Older lower |  |
| 865 | Latvia [59] | 1997 | 19-64 |  |  | Recall | 32 | No (age, small, old) |  |  |  |
| 877 | France [60] | 2005-2007 | 18-79 |  |  | Food record | 1082 | Yes |  | Middle-age higher |  |
| 923 | Portugal [44] | 1999-2003 | ≥19 |  |  | FFQ | 2974 | Yes | 1.09 | Older lower |  |
| 934 | United States [61] | 2001-2010 | ≥19 |  | 28.4 | Recall | 22823 | Yes |  |  |  |
| 942 | Greece [23] | 1992-2001 | 33–72 (95% of sample) | 59 |  | Recall | 1982 | No (age, old) |  |  |  |
| 958 | Denmark [62] | 2000-2004 | 18-75 |  |  | Food record | 4479 | Yes | 0.94 | Older lower |  |
| 965 | Croatia [63] | nd (early 2000s) | 18-55 | 71 | 23.3 | FFQ | 161 | No (local, age, small) | 0.82 |  |  |
| 992 | Swedenh  [64, 65] | 1997 | 49-83/45-79 | 100/0 | 24.7/25.7 | FFQ | 61433/48850 | No (age, old) | 0.85 |  |  |
| 994 | United Kingdom [23] | 1992-2004 | 25-72 (95% of sample) | 70 |  | Recall | 5885 | No (age) |  |  |  |
| 1067 | Switzerland [66] | 2006-2012 | 35-74 | 50 | 25.1 | FFQ | 4307 | No (local, age) | 0.90 |  |  |
| 1068 | Germany [44] | 2005-2007 | ≥19 |  |  | Recall | 13959 | Yes | 0.91 | Older lower |  |
| 1080 | Ireland [67] | 2010 | 18-90 |  |  | Food record | 1499 | Yes |  |  |  |
| 1097e | Finland [68] | 2002 | 25-64 |  |  | Recall | 2007 | No (age) | 0.89 |  |  |
| 1102 | Netherlands [69] | 2010 | 19-69 |  |  | Recall | 2100 | No (age) |  |  |  |
| 1233e | Iceland [70] | 2003 | 30-85 | 52 |  | FFQ | 944 | No (local, age, small) |  | Older higher |  |

Table is shaded by bands of average dietary calcium intake. Abbreviations: BMI = body mass index, FFQ = food frequency questionnaire, N = sample size, nd = no data (not reported), SES = socioeconomic status,

a Was the study nationally representative and current? Local = survey conducted in specific towns, cities, or regions; age = restricted by age range; children = children included; women = women only; small = sample size <1000; old = surveys conducted before 2000.

b Differences in dietary calcium intake between different subgroups, by age or socioeconomic status; lower and higher refer to average calcium intake in noted subgroup. No assessment of statistical significance is implied.

c Includes children.

d Or no pattern noted.

e Explicitly included dietary supplements; however, most studies did not report whether supplement intake was included.

f Less than 0.80 in younger age groups (18/19 to 29/30 years old).

g Mothers only

h Two complementary studies were included for these countries. Relevant data are reported for each study, separated by a forward slash, with the larger study reported first. Where only a single value is presented, the data were the same for both studies, except for calcium intake (which is an average across studies) and whether the studies are nationally representative (which is assessed across studies).

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