Abstract

The suitability of recommended calcium intakes has been the subject of debate in recent years. The present work reviews the recommendations currently made for different population groups in Spain and other countries. To date, these recommended intakes have mainly been based on the role of calcium in the formation and maintenance of bone; less attention has been paid to its other roles in health (e.g., its effect on blood pressure, the prevention of cancer or the regulation of body weight), or the interaction of calcium with other nutrients. However, an increasing number of reports highlight the importance of calcium in these other areas – information that should be taken into account when assessing the suitability of recommended calcium intakes. It should also be remembered that the calcium intakes of a large proportion of the population are lower than those recommended. This paper reviews the suitability of current calcium recommendations for different groups of the population and highlights the areas where research is needed to help determine the intakes that would provide the greatest short and long term health benefits.

Keywords

Calcium, Recommended intake, Review.