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Reference #

144/2437

Title: Reported dietary intake: Analysis of calcium usual intake among Argentine population. Results from ELANS study.

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Background and Objectives:

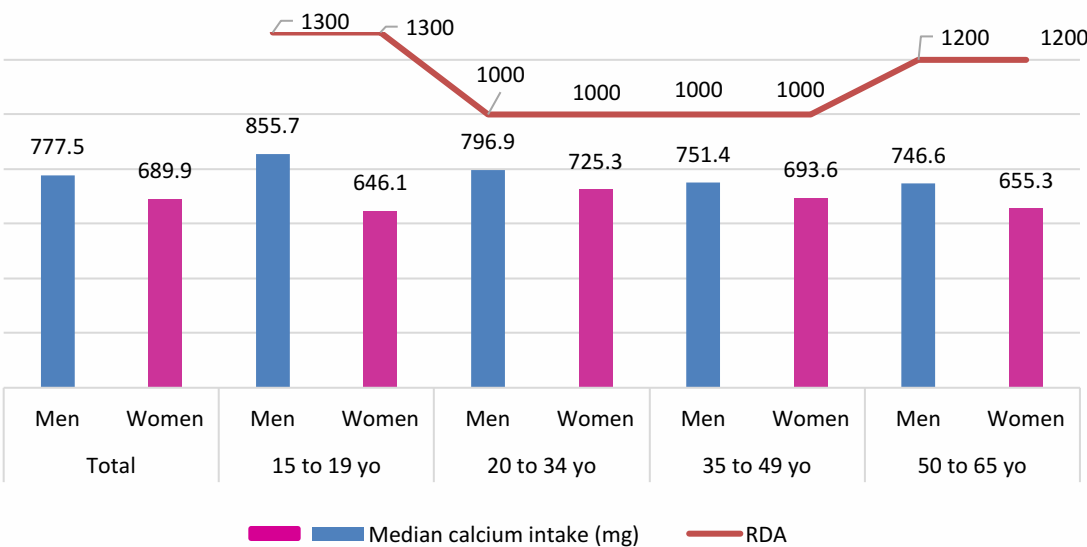
The consumption of calcium is associated both with the prevention of many diseases and also with quality of life. This study aimed to identify the adequacy of calcium intake among Argentine population

Methods:

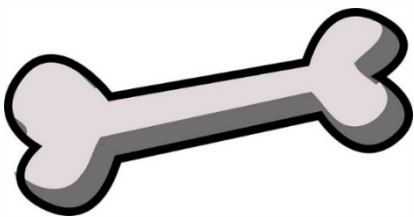
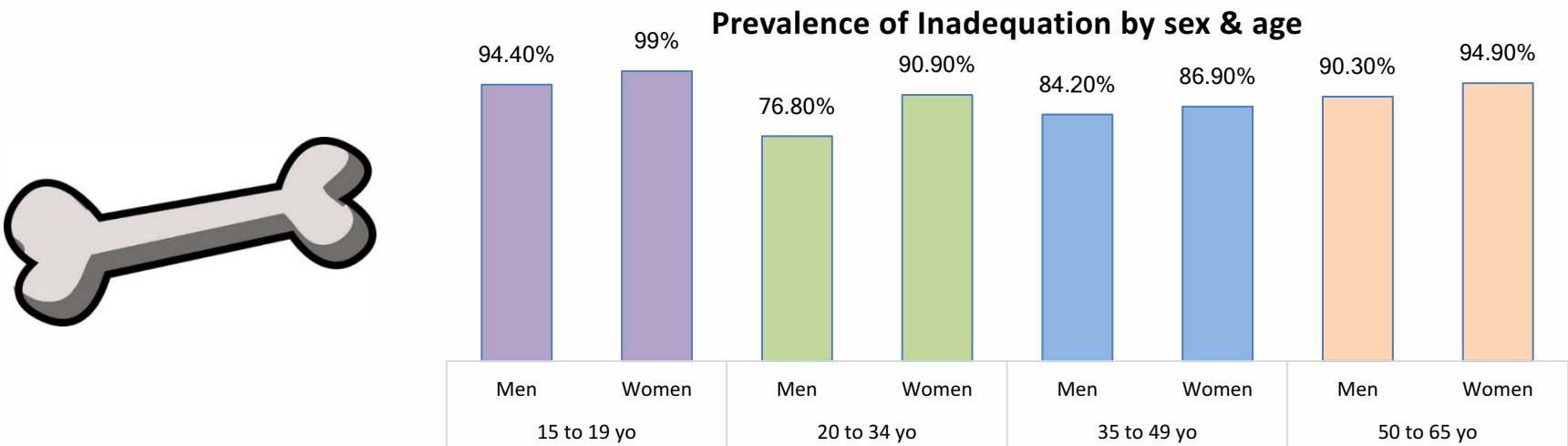
Data were obtained from 1266 Argentines participating in Latin American Health and Nutrition Study (ELANS), a multicenter study of a nationally representative randomized sample of urban population of 8 LA countries, developed between November 2014 and July 2015. The sample by country had a multistage design stratified by region, age (15-65 y), gender and SEL. A standard study protocol was designed to evaluate nutritional intake assessed by two 24-hour recalls, analyzed with the Nutrition Data System for Research (NDS-R) from Minnesota University, after a standardization process between local food and NDS-R database. Calcium usual intake was estimated with the Multiple Source Method (MSM) statistic package (<https://nugo.dife.de/msm>) and adequacy estimated in comparisons with Recommended Dietary Allowances (RDA) (IOM standards). Sample expansion factors were calculated and descriptive statistical data analysis was performed with SPSS Statistics 20.

Results:

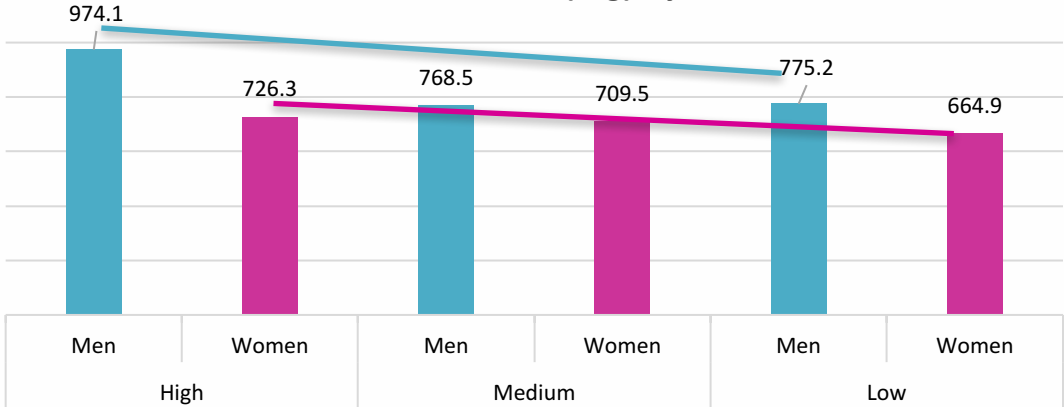
Median calcium intake & RDA by sex & age



Prevalence of Inadequation by sex & age



Calcium intake (mg) by SEL



Conclusions:

The prevalence of inadequate usual intake of calcium for Argentine population, at every age range and gender is very high. These results reinforce the importance of public health programs focused on increasing calcium consumption and implementing micronutrients fortification specially in women.

Conflict of interest:

The ELANS is supported by a scientific grant from the Coca Cola Company and support from the Instituto Pensi / Hospital Infantil Sabara, International Life Science Institute of Argentina, Universidad de Costa Rica, Pontificia Universidad Católica de Chile, Pontificia Universidad Javeriana, Universidad Central de Venezuela (CENDES-UCV)/Fundación Bengoa, Universidad San Francisco de Quito, and Instituto de Investigación Nutricional de Peru. The funders had no role in study design, data collection and analysis, the decision to publish, or the preparation of this manuscript.

