

| 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 |

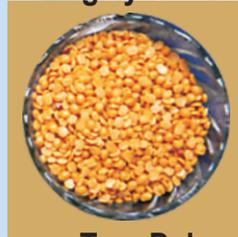
Calcium rich food items



Gingely Seeds



Ragi



Tuar Dal



Curry Leaves



Bajra



Egg



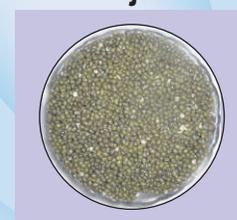
Soyabean



Rajma



Black Gram Dal



Green Gram

CALCIUM



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- ☞ 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 in 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.

