

Calcium (mg/d): Usual intakes from food and supplement sources, by DRI age-sex group, household population, Canada excluding territories, 2004

Sex	Age (years)	Mean (SE)	Percentiles (and SE) of usual intake							EAR ¹	% < EAR (SE)	UL ²	% >UL (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)				
Both													
	1-3	1083 (19)	574 (23)	675 (23)	853 (22)	1069 (22)	1329 (28)	1621 (42)	1819 (53)	500	2.6 (0.6) ^E	2500	<3
	4-8	1076 (16)	621 (20)	704 (19)	856 (17)	1048 (18)	1275 (25)	1519 (36)	1683 (46)	800	18.7 (1.8)	2500	<3
Male													
	9-13	1234 (26)	623 (26)	723 (26)	913 (27)	1173 (31)	1502 (40)	1859 (55)	2099 (69)	1100	43.1 (2.8)	3000	<3
	14-18	1315 (27)	697 (36)	808 (35)	1021 (33)	1301 (34)	1634 (42)	1993 (59)	2241 (75)	1100	31.9 (3.0)	3000	<3
	19-30	1137 (34)	521 (32)	612 (32)	796 (33)	1053 (41)	1381 (58)	1750 (80)	2015 (99)	800	25.4 (3.1)	2500	<3
	31-50	977 (21)	440 (22)	521 (22)	692 (23)	925 (25)	1217 (32)	1540 (45)	1774 (58)	800	36.6 (2.6)	2500	<3
	51-70	921 (17)	424 (20)	495 (19)	639 (18)	849 (20)	1127 (28)	1451 (41)	1692 (56)	800	44.5 (2.3)	2000	2.1 (0.5) ^E
	>70	891 (40)	346 (24)	412 (25)	554 (28)	777 (32)	1086 (48)	1473 (79)	1772 (117)	1000	69.4 (3.0)	2000	F
	19+	989 (13)	427 (12)	507 (12)	675 (13)	914 (15)	1226 (21)	1588 (29)	1853 (38)				
Female													
	9-13	1013 (24)	540 (26)	616 (25)	766 (25)	965 (26)	1205 (34)	1464 (48)	1642 (61)	1100	65.4 (3.1)	3000	0.0 (0.0)
	14-18	944 (20)	441 (21)	521 (22)	684 (22)	915 (24)	1194 (32)	1491 (48)	1697 (63)	1100	67.8 (2.5)	3000	<3
	19-30	950 (27)	404 (24)	483 (25)	648 (25)	879 (30)	1177 (43)	1521 (62)	1725 (82)	800	41.6 (3.1)	2500	<3
	31-50	969 (20)	415 (23)	492 (23)	649 (23)	886 (26)	1226 (34)	1581 (47)	1847 (67)	800	41.4 (2.6)	2500	0.8 (0.3) ^E
	51-70	1063 (20)	383 (16)	460 (16)	623 (18)	905 (24)	1356 (36)	1887 (48)	2249 (65)	1000	56.8 (1.7)	2000	8.1 (0.8)
	>70	948 (20)	379 (23)	447 (24)	595 (24)	834 (25)	1209 (35)	1660 (47)	1967 (59)	1000	63.1 (2.0)	2000	4.6 (0.6)
	19+	989 (11)	397 (11)	473 (11)	636 (11)	875 (13)	1247 (20)	1673 (28)	1986 (41)				

Source: Statistics Canada. 2010. Special tabulation, based on CCHS 2.2, Nutrition (2004) - Master File

Symbol Legend

^E Data with a coefficient of variation (CV) from 16.6% to 33.3%; interpret with caution.

<3 Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval entirely between 0 and 3%; interpret with caution.

^F Data with a coefficient of variation (CV) greater than 33.3% with a 95% confidence interval not entirely between 0 and 3%; suppressed due to extreme sampling variability.

Footnotes

¹ EAR is the Estimated Average Requirement.

² UL is the Tolerable Upper Intake Level.

Notes

Excludes pregnant and breastfeeding women, null and invalid intakes.

Sample size and mean intake are based on the first 24-hour dietary recall (first day of interview) only.

The methodology used to calculate the usual intake from food and supplement sources was based on Method 3 (divide, add, shrink) in the article "[Combining nutrient intake from food/beverages and vitamin/mineral supplements](#)". This article documents the assumptions and limitations of the methodology and provides context for interpretation of estimates.

Percent below EAR or above UL are from the weighted average of percent below EAR or above UL from calcium supplement non users and percent below EAR or above UL from calcium supplement users.

Bootstrapping techniques were used to produce the coefficient of variation (CV) and the standard error (SE).

In terms of precision, the estimate 0.0 with a standard error of 0.0 refers to a standard error smaller than 0.1%.