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Measurement of calcium intake by students of 2nd year education of master degree of the tashkent pediatric medical institute

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Calcium is an important part of bone tissue. Appropriate calcium intake is necessary for maintenance of healthy bones. In accordance with international recommendations, people at age from 19 to 50 have to consume 1000 mg of calcium daily. For the measurement of the level of the calcium intake we develop worksheet, which contains denomination of different foods and products, with their calcium content (mg), which usually are consumed. Purpose: Measurement of calcium intake by students of 2nd year education of master degree of the Tashkent Pediatric Medical Institute (TPMI). Materials and Methods: We developed worksheet which contains denomination of foods and products with their average portion and the calcium content of portion of each denomination according to data of International Osteoporosis Foundation (IOF). Worksheets are filled by 30 students of 2nd year education of master degree of the TPMI. 8 students was male with the average age 26,8 year and 22 students was female with average age 26,7 year. Results: Statistical analysis of filled worksheets showed that 16 students (53,3%) consume less than 1000 mg of calcium daily. Other 14 students (46,6%) consume more than 1000 mg of calcium daily. Also now known, that average student who are consume less than 1000 mg of calcium eats 3,7 times lesser of milk, 9,5 times lesser of yoghurt, 12,2 times lesser of chees, 6,2 times lesser of kefir, 4,8 times lesser of sour cream and curd, 12,8 times lesser of brinsen chees than average student who consume more than 1000 mg of calcium daily. Conclusion: Measurement of calcium intake by students of 2nd year education of master degree of the TPMI showed that half of students (16 students) consume less than 1000 mg of calcium daily and also eat less milk products than another half (14 students) who consume more than 1000 mg of calcium daily.

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