

<u>% rise in mean intake, 1977 - 2007/8</u>		
	<u>Women</u>	<u>Men</u>
Ca, mg/day:	+43%	+32%
Mg, mg/day:	+16%	+11%
Energy, kcal/day:	+13%	+14%

Figure 2 Mean calcium (Ca) and magnesium (Mg) intakes from food, with percent increases in mean Ca, Mg, and energy intakes, 1977 through 2007–2008, US young adults aged <35 years.<sup>79</sup>

<u>% rise in mean intake, 1977 – 2007/8</u>		
	<u>Women</u>	<u>Men</u>
Ca, mg/day:	+64%	+48%
Mg, mg/day:	+18%	+12%
Energy, kcal/day:	+24%	+12%

Figure 3 Mean calcium (Ca) and magnesium (Mg) intakes from food, with percent increases in mean Ca, Mg, and energy intakes, 1977 through 2007–2008, US adults aged 35–50 years.<sup>79</sup>

79. Rosanoff A. Rising Ca:Mg intake ratio from food in USA adults: a concern? *Magnes Res.* 2010;23:181–193.