Fig. 5 For the past 30 years, Calcium Intakes from food have risen sharply compared to Mg Intakes from food in USA

Fig. 5a Mean Ca & Mg intakes from food over time
USA Young Adults 19/20 – 29/34 yrs

Source: Rosanoff, A., 2010
Figure 5b

Fig. 5 For the past 30 years, Calcium Intakes from food have risen sharply compared to Mg Intakes from food in USA

Fig. 5b Mean Ca & Mg intakes from food over time
USA Adults 30/35 to 49/50 yrs

Source: Rosanoff, A. 2010