

Calcium is an important mineral element that we need to maintain health. Total amount in the body is about 1 kilograms , while 99 % is stored in bones and teeth . The remaining 1 % Of calcium in the body has a number of functions . It is involved in neuromuscular and correct muscle activity , on platelet aggregation , the activity of the gastrointestinal tract also has a function intracellularly . Excess and deficiency of calcium leads to various diseases such as osteoporosis , changes in neuromuscular excitability or calcium deposition in soft tissue changes Personality and CNS damage .

Calcium homeostasis in the body regulate the three main kalcitropní hormones - parathyroid hormone , calcitonin and vitamin D. Failure of secretion affects disease of excess or lack of calcium.

Since the body can not produce calcium , the only new source of calcium received in the diet. The need for calcium is not the same throughout life , it changes depending on the age and present status. Most calcium is needed during growth, pregnancy and lactation and in old age.

The task of the study is to evaluate possible sources of calcium in the diet , to determine the basic foods rich the calcium and calcium usefulness of various kinds of food. Subsequently, virtually verify income calcium in the diet of persons under investigation by evaluating your diet through nutrition NutriDan program .