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The Relationship between Dietary Calcium Intake and Serum Lipoprotein Levels and Anthropometric Measurements

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ABSTRACT This study was conducted to evaluate the association between daily calcium (Ca) consumption and serum lipid levels and some anthropometric measurements. Subjects were divided into 3 groups based on Ca consumption as Group 1 (<600 mg/d), Group 2 (600–1000 mg/d) and Group 3 (>1000 mg/d). A positive significant association was found between daily calcium consumption and body weight (BW), BMI and hip circumference (HC) of women in Group 1. BW, BMI, waist circumference (WC) and HC were negatively associated with daily Ca consumption of women in Group 3. Daily Ca consumption was correlated negatively with serum total cholesterol level in women of Group 2 whereas a significantly positive and strong association was found between Ca and HDL–C level in women of Group 3. The results of this study have shown that daily Ca consumption is of importance in protection of obesity and cardiovascular diseases, and it can be suggested that more related studies have to be conducted.