

**EMBRYONIC STUDY ON THE IMPROVEMENT OF CALCIUM INTAKE  
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**Introduction:**

On the annual report of national nutrition survey calcium( Ca )intake was satisfied about 90% of RDA(600mg/day/person) and these situation are being for a long time in Japan. Though the education on importance of Ca is done, the improvement is far away. It is more effective to cook than to select foods much contents of Ca.

In this study the amounts of Ca intake, food materials, and cooking methods of Japan and Korea were compared. The effective methods of Ca intake also were studied.

**Materials and Methods:**

The calcium intake data depend on the national nutrition survey of Japan(1994). In Korea the data of calcium intake was resulted in the hearing resarch(1996). The calcium contents of foods were determined by the atomic absorbance spectrometer. The calcium leakage from chicken bone cooked with vinegar was also examined.

**Results:**

The calcium intake between Japan and Korea was 545mg and 427mg per day per person, respectively. These values were not satisfied RDA of each country. The main foods of calcium contents were milk, small fish, and dairy products in Japan. In Korea, on the other hand, they took from small fish, seaweeds, and sesame seed. It was also found that calcium took much from Tofu, radish, and cattle bone stock as against in Japan.

The Ca contents of chicken bone stock were increased to addition of vinegar(< 4% acidity). Citrate, malate and acetate were higher the ability of Ca leakage by turn.

From these results, it was found that the improvement of calcium intake was promoted to cook with many kinds of foods jumbly and to prepare stock made from cattle bone added with vinegar.