

## **ABSTRACT**

**Objective:** To determine if factors such as ethnicity, knowledge (of calcium) preference of milk and milk beverages and the symptoms experienced after drinking milk influenced calcium intake.

**Design:** One hundred females were randomly selected from the University of the West Indies, St Augustine campus to participated in the study. The females were between the ages of 18-30yrs. Participants completed a Food Frequency Questionnaire and answered other questions pertaining to their liking of milk and milk beverages, their knowledge of calcium, use of supplements (multivitamin/mineral) and their exercise habits.

**Results:** The results of this research showed that the preference of milk and milk beverages was the only factor that had an influence on calcium intake. It was found that the average calcium intake of female students at the University was 505mg a day. Only twenty five percent of the sample met the RDA of 700mg . The East Indian ethnic group was found to be at the greatest risk of developing calcium deficiencies.

**Conclusion:** Preference of milk and milk beverages was the only factor found to have an impact on calcium intake.