**Statement on the benefits of dietary calcium.**

The Australian and New Zealand Bone and Mineral Society, Osteoporosis Australia and Endocrine Society of Australia collectively reject the suggestion of Mr Pete Evans (reported in the Sydney Morning Herald1, ABC2 and recently on the programme Sunday Night3, 26th March 2017) that “calcium from dairy can remove the calcium from your bones" or that calcium obtained from dairy foods can cause or contribute to osteoporosis.

Ensuring sufficient calcium intake is an important component for bone health across the entire lifespan.  Dairy foods are an important and inexpensive source of calcium for many individuals, and most Australians obtain the majority of their calcium intake from dairy sources.  Dairy foods also represent an important source of protein and calories for many frail older people.

Men and women with osteopaenia or osteoporosis should be reassured and confident that a good dairy intake does not have adverse effects upon skeletal health.

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President, ANZBMS

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President, Endocrine Society of Australia

Prof Peter Ebeling  
Medical Director, Osteoporosis Australia

1 <http://www.smh.com.au/entertainment/doctor-criticises-chef-pete-evans-for-giving-potentially-deadly-diet-advice-20160829-gr3ydb.html>  
2 <http://www.abc.net.au/news/2016-08-29/pete-evans-slammed-for-advice-to-osteoporosis-sufferer/7793572>

3 <https://au.news.yahoo.com/sunday-night/features/a/34792906/my-kitchen-rules-judge-pete-evans-launches-attack-on-media-ama-says-he-shouldnt-dabble-in-medicine/#page1>