

**Bone Health and Risk Assessment of Menopausal Women for  
Osteoporosis and Strategic Diet Care Practices using  
Calcite Enriched Recipes**

*By*  
**Kalaipriya.S**  
(Reg. No. 18PHFDF001)

*Supervisor*  
**Dr.R.Radha**

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**Recommendations:**

- In vivo calcite supplementation studies can be done to ascertain the improvement in BMD.
- Absorption studies comparing the calcite and other commercial calcium supplements can be done to establish its efficacy.
- Once the efficacy of developed calcite is clinically validated, it can be promoted in hospitals as a dietary supplement.
- Mobile phone based App can be developed to check the daily calcium intake and enable comparison with the RDA so that one can consciously partake the required amount of calcium.
- Artificial Intelligence (AI) based prediction tool can be developed to predict the risk of osteoporosis.

**Limitations**

- Supplementation study was not done because of the pandemic and its associated restrictions.
- Awareness creation was done online. This deprived the investigator of the opportunity to have a direct interaction with the subjects, This could have further enhanced the e-awareness sessions by making it lively and interactive.