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Dietary Iron for Human Health

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Message from the Guest Editor

Dear Colleagues,

Iron deficiency (ID) is the most common nutrient deficiency worldwide. Women and children are especially vulnerable to ID, as are athletes and others performing high levels of physical activity. While risk of ID depends on several factors, poor dietary iron (Fe) intake, increased Fe losses, and altered intestinal Fe absorption, including the effects of inflammation on absorption, are among the largest impacts. Given the high prevalence of ID around the globe, it is imperative that sustainable solutions be proposed and discussed to improve dietary Fe intake and uptake, and to improve Fe absorption from the diet (especially non-heme Fe-containing staple foods).

Dr. Diane M. DellaValle

Guest Editor



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