

Special Issue

Dietary Iron for Human Health

Message from the Guest Editor

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).

Guest Editor

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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