

Special Issue

Anemia: Risk Factors, Dietary Management, Iron Intake and Human Health

Message from the Guest Editors

Anemia has been recognized by the World Health Organization as one of the most significant global health problems that has serious consequences for human health. The etiology of anemia is multifactorial and complex, but dietary deficiencies of iron, folates and vitamin B12 play a crucial role in anemia development. The adequate intake of these nutrients is a matter of great concern, taking into account the increasing prevalence of following alternative diets, as well as elimination diets, which may result in decreased iron, folates and vitamin B12 intakes, and consequently, may lead to anemia. On the other hand, it must be indicated that not only inadequate iron intake, but also excessive intake, may contribute to health risks. Therefore, an assessment of the effectiveness of various dietary interventions as a possible measure in the prevention and diet therapy of anemia is needed to establish effective, complex, and tailored dietary guidelines to be applied in vulnerable populations.

In this Special Issue, we aim to analyze the relationship between anemia, diet and human health, focusing also on food choices that may prevent and treat anemia.

Guest Editors

Dr. Dominika Skolmowska

Department of Dietetics, Institute of Human Nutrition Sciences, Warsaw University of Life Sciences (WULS-SGGW), 159C Nowoursynowska Street, 02-776 Warsaw, Poland

Prof. Dr. Dominika Głąbska

Department of Dietetics, Institute of Human Nutrition Sciences, Warsaw University of Life Sciences (WULS-SGGW), 159C Nowoursynowska Street, 02-776 Warsaw, Poland

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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