



Comparative assessment of iron content in different food items

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Abstract: *The present study was conducted to analyse iron content of some selected food items, especially loved by children, that included Dark chocolate, Ramdana, Pasta, Maggie, Biscuit and Cornflakes. It was found that every 2 g of Dark chocolate, Maggie and Biscuit contained 0.074 mg of iron, followed by Pasta (0.073 mg); Cornflakes (0.048 mg) and Ramdana (0.026 mg).*

Keywords : Iron content, Dark chocolate, Ramdana, Pasta, Maggie, Biscuit and Cornflakes.

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Introduction :

Iron is a vital nutrient for the human body, playing an essential role in a variety of cellular activities. It functions as a cofactor in numerous enzymes involved in the biosynthesis of certain amino acids, hormones, neurotransmitters and collagen. The iron content in the body is tightly regulated, as both deficit and excess may have harmful consequences (Abbaspour et al., 2014). It is accepted that men and older women (over 51 years of age) need about 8 mg iron a day in their diet. Women of childbearing age need considerably higher amounts, to compensate for the menstrual blood loss, about 18 mg per day; during pregnancy iron need is still higher, 27 mg per day (Bothwell et al., 1979). In children, iron needs vary according to age, being higher in the first two years of life, then lower and almost doubling in adolescence (Halterman et al., 2001).

The multiple negative effects of anaemia caused by deficiency of iron, on health and the quality of life justify interventions designed to prevent and control anaemia, one of which is the use of iron-containing food supplements. Although the priority in controlling anaemia is recognized for