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Most absorbed form of iron

Iron absorption in anthropological perspective in paleolithic, iron deficiency was probably rare (Eaton et al. 1999). This is because the paleolithic diet included • animal muscle tissue (from mammals, birds, fish and/or shellfish) • plant-based iron sources (e.g., green leafy vegetables), and • From vitamin C-rich foods (which can triple the biological availability of iron) today, many people around the world are iron deficient. They can improve their iron condition by changing their diets. But how does it work? Here's an overview of iron absorption - the factors that improve it and the substances that inhibit it. Heme versus nonheme iron bioavailability of iron depends on a number of factors. People who are full iron absorb iron less easily than people who are ironless. In addition, absorption depends on the specific way iron receives. Heme Iron Heme iron is the most absorbed form of iron, and is found in shellfish, red meat, poultry, and fish (see the chart in this article on iron-rich commodities). On average, people absorb between 15-35% of the what iron they consume (Insel et al. 2003). Nonheme iron nonheme iron is found in plant containers as well as eggs, milk, and meat. Compared to the mea iron, it is less easily absorbed by the body. Furthermore, sources of nonheme iron often contain phytates, which bind to iron and carry it through the digestive tract without a sponge. As a result, containers with high iron content are not necessarily the best sources of iron. By weight, soybean fathers have about twice as much beef iron. But only about 7% of the iron in soybeans is absorbed. Spinach is also high in iron, but less than 2% of the iron in cooked spinach is absorbed (Scrimshaw 1991). Iron iron absorption enhancers are harder to absorb. But that doesn't mean it's not important. What is needed is a way to improve the body absorption of nonheme iron, and you can do that by adding one or more of these iron absorption enhancers to your meals: • Vitamin C (Teucher et al. 2004; Fiedler et al. 2009) • Beef (Johnson Walker 1992; Engelman et al. 1998) • Poultry (Horrell et al. 2006) • Salmon (and, apparently, some other types of fish: Navas-Carretero et al. 2008) • Pork (Engel-Stone et al. 2005) • Citic acid (Hallberg and Rossander 1984) How much difference do these supplements make? Vitamin C may be particularly effective. One study reported that adding only 63 meg of vitamin C to a nonheme iron-rich meal yielded a 2.9-times increase in iron absorption (Fiedler et al. 2009). Meat can also make a big difference. The experiments show that adding 50 to 85 grams of meat to a meal causes a 1.5 to 4 times increase in iron absorption (Baech 2003; Baines and Bothwell 1990; Cook et al. 1976; Engel-Stone et al. 2005; Navas-Cartero 2008). Beef may be more effective than other meats. In one experiment, enhanced beef protein and iron absorption 80% better than chicken protein (Hurrell et al. 2006). Iron absorption inhibitors the other side of the coin are Inhibiting iron absorption: • Phytic acid (found in cereals, • Egg white (both white and yolk) • Minerals that compete with iron for absorption: calcium, zinc, magnesium and copper • tannic acid (tea) • Certain herbs, including mint and chamomile • Coffee • Cocoa • Fiber Note that many nutritious and healthy nutrients contain iron absorption inhibitors. It is not desirable to cut these from your child's diet - your child needs calcium, zinc, phosphorus, and fiber. However, if your child lacks iron, it may be helpful to avoid some of these containers just before, during, or after a meal containing iron-rich food. For example, experiments have shown that people absorb far less iron than bread when their meals include egg white, tea, peppermint, chamomile or coffee (Hurrell et al 1999; Hurrell et al. 1988). Similar experiments have shown that calcium interferes with iron absorption (Hallberg 1998; in 2006, in 2006, he resigned as ceo of the company. Phytates, which are found in most plant dishes, can reduce iron absorption by up to 80%. But vitamin C - consumed along with a meal - can counteract the effect. In one study, preschoolers with iron deficiency anemia were given vitamin C supplements twice a day - 100g in each of two pittat-rich meals. After two months, most of the children were no longer anemic (Slerry et al. 1995). This underscores the importance of vitamin C. Many cereals and small ones (including cause) can have good sources of iron - if you consume them with vitamin C. Other considerations from iron fortified foods can really help. Iron-fortified cereals - consumed in vitamin C - can be an effective way to improve your child's iron state. So is iron fortified soy sauce (Chen et al. 2005). Cooking with iron cooking utensils can add iron to your diet, especially if you're cooking from acidic foods at high temperatures (Kuligowski and Halperin 1992). Although egg white inhibits the absorption of iron, some egg yolks can't hurt. In a study of healthy babies, iron and enough diversity, researchers fed infants 6-month egg yolks from eggs enriched with n-3 fatty acids. Babies ate 4 cooked egg yolks a week for 6 months. At the end of the treatment, their iron condition was similar to that of the controls (McCrids et al. 2002). The study did not describe whether the eggs were eaten alone or in the context of a meal. Learn more about iron-rich containers For more information on improving iron absorption, see this article about iron-rich foods. Rights © 2006-2020 by Gwen Dewar, Ph.D.; All rights are reserved for educational purposes only. If you suspect you have a medical condition, please see a doctor. References: Iron Absorption Baech SB, Hansen M, Bukhave K, Jensen M, Sørensen SS, Kristensen L, Purcello PP, Skibsted LH, and Sandström B. 2003. Nonheme iron absorption from a pittat-rich meal is increased by the addition of small amounts of pork. *J Am Diet Assoc*. 77(1):173-9. Baines Rd and H.H. 1990. Iron deficiency. *Ann N Y Acad Sci*. 10:133-148. Chen J, Zhao X, Zhang X, Yin S, Piao J, Huo J, Yu B, Qu N, Lu Q, Wang S, and Chen C. 2005. Studies on the efficacy of naFeEDTA fortified soy sauce in controlling iron deficiency: a population-based intervention experiment. *Eating a grudging bull*. 26(2):177-86; Dion 187-9. Cook J.D. and Monsen ER. 1976. Iron absorption food in human subjects. C. Comparison of the effect of animal proteins on nonheme iron absorption. *J Am Diet Assoc*. 29:859-67. 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