

Iron deficiency anemia affects more than 4 billion people worldwide – UK is not an exception

Iron deficiency is the most common nutritional deficiency in the UK. Iron is essential to the body's equilibrium, helping to transport oxygen in the blood through its role in hemoglobin formation. According to the British Dietetic Association (BDA) people should consume up to 15 mg of iron per day, but a large number of British do not consume more than 6 mg – how to avoid iron deficiency?

Anemia, a widespread condition throughout the world, is most often associated with a state of iron deficiency (iron-deficiency anemia). Women of childbearing age very often have low iron stores or iron deficiency. Pregnant women are more at risk, especially at the end of pregnancy.



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Iron deficiency is the most common nutrient deficiency in the UK – according to studies 30 to 50 % of British infants under two years of age, teenage girls, pregnant women, and the elderly are affected.

Reduced physical capacity and intellectual performance, lower resistance to infection, disturbances during pregnancy, and abnormalities in body temperature maintenance are some of the effects of iron deficiency. Dietary prevention can help avoid these problems over the long term.

Although iron is naturally found in many foods such as lentils, egg yolk or nuts, in some cases it is better to take supplements to restore iron levels. Thanks to iHerb new customer code from yoursherbs.com iron supplements can be bought for a fair price.

It is also possible to get a free iHerb delivery to UK <https://yoursherbs.com/iherb-in-uk/> while using a promo code with discount on shipping.

What is iron-deficiency anemia?

Anemia occurs when hemoglobin levels are abnormally low. The threshold for this anomaly varies according to age and sex. Iron, present in hemoglobin, enables oxygen to be transported to all the body's organs:

- 14 grams per deciliter of blood (or g/dl) in newborns
- 13 g/dl in adult men
- 12 g/dl in adult women
- 10.5 g/dl in pregnant women, from the second trimester onwards.

When should you suspect iron-deficiency anemia?

Anemia manifests itself in situations of:

- persistent fatigue
- pale complexion
- accelerated heart rate and shortness of breath on exertion
- cold hands and feet
- headaches
- dizziness.

Management of iron deficiency:

- Iron deficiency anemia (ferritin < 15 ng/mL) requires medical consultation and treatment with medication.
- Iron deficiency (ferritin between 50 ng/mL and 15 ng/mL) requires supplementation with supplements or food.

Prevention and dietary intake: where to find iron in the diet to avoid anemia?

Large quantities of iron are found in seafood (shellfish and fish), dark chocolate, wheat germ, eggs, legumes (lentils, chickpeas, soya, etc.), oilseeds (almonds, walnuts, hazelnuts, sesame) and certain fortified foods such as breakfast cereals.

The body absorbs iron from plant and animal sources differently. Iron from animal sources can be absorbed up to 40%, while iron from plant sources can be absorbed up to 10-20%. In addition, simultaneous consumption of meat and vitamin C-rich vegetables (citrus fruit, kiwi fruit, red fruit, cabbage, etc.) improves the assimilation of plant-based iron.