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"IRON DEFICIENCY ANEMIA AND ENERGY AND NUIRIENT INTAKES IN 14-18 YEAR OLD HIGH SCHOOL GIRLS IN TEHRAN"

A.Djazayery, M.Djalali, Z.Abdollahi

Abstract:

The purpose of this study was evaluation of iron status as well as protein and iron intakes in 14-18 year old girls in high schools in the south of Tehran. A total of 268 girls were chosen at random for a dietary survey using the 24-hr dietary recall method and the biochemical tests were made on 109 of the girls. The results indicate that: compared with the WHO standards, hemoglobin in 0.9%, hematocrit in 2.8% and MCHC in 13.8% of the girls were lower than the respective standards, and TIBC in 33.9% of the girls was high. Altogether, 86.6% of the girls had a low energy intake, 45% a low protein intake and 52% a low iron intake. A low intake of iron, mostly of plant origin, with its low bioavailability, is the most important factors in iron deficiency anemia in these girls.

Keywords:

Growth spurt

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