How to prevent iron deficiency?

Dietary iron improves nutrition and reduces prevalence of anaemia (SDG 2.2.3)

Dietary iron helps to curtail iron deficiency anaemia, especially through meat supplementing diverse plant-based diets

Heme iron is only found in meat and organ meat, and it is absorbed 2 or 3 times more than non-heme iron (the only iron form found in plant-based foods)

Why is meat a key solution?

2 chicken livers (88g)
Contribution of food servings to the daily iron intake recommendation for women

44% of women suffer from anaemia

30% of women suffer from anaemia

27% of world population affected by anaemia

50% of anaemia due to iron deficiency

More than 1 in 10 people in the world suffer from iron deficiency.

It concerns everyone, but especially women of reproductive age, pregnant women, and children under 5 years of age.

2 chicken livers (88g)

Half cup of lentils (100g)

A palm size portion of beef (85g)

1 serving of spinach (100g)

Who suffers from iron deficiency?

More than 1 in 10 people in the world suffer from anaemia

It concerns everyone, but especially women of reproductive age, pregnant women, and children under 5 years of age.

What are the impacts of iron deficiency on health?

Lower cognitive development in children

25% of world population affected by anaemia

Extreme fatigue in adults

50% of world population affected by anaemia

40% of children under 5 years of age suffer from anaemia

25% of children under 5 years of age suffer from anaemia

4% of world population affected by anaemia

10% of world population affected by anaemia

Contribution of food servings to the daily iron intake recommendation for women

© FAO, 2021