



Effect of consumption of green tea and white bread on the bioavailability of iron NaFeEDTA in Moroccan breastfeeding women

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Abstract

Assessing the bioavailability and efficacy of iron NaFeEDTA to overcome the inhibitory effects consumption of phytic acid in white flour bread and polyphenols in green tea among Moroccan women (anaemic or non-anaemic). 46 childbearing age women were divided in two groups; non-anaemic group (NAG; n=25, age 18-41y) and anaemic group (AG; n=21, age 19-39y). Each group was used as self-control by using two different iron isotopes. Each woman consumed 36g of bread (which contained 5.955mg phytic acid) fortified with ^{54}Fe EDTA or ^{57}Fe EDTA with 300ml of green tea (which contained 492mg polyphenols) or with 300ml of water respectively. Iron absorption was measured by the erythrocyte incorporation of ^{54}Fe and ^{57}Fe labels after 14 days.



Biography:

Meryem LAZRAK PhD student, 30 years, from Ibn Tofail University-CNESTEN, Joint Research Unit in Nutrition and Food URAC 39, RDC-Nutrition AFRA/IAEA. She has published one paper: The opposing effects of acute inflammation and iron deficiency anemia on serum hepcidin and iron absorption in young women in Haematologica journal and a second paper during the correction.

Speaker Publications:

1 The opposing effects of acute inflammation and iron deficiency anemia on serum hepcidin and iron absorption in young women Article Jan 2019 DOI: 10.3324/haematol.2018.208645 ISBN: 0390-6078

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