



Anemia: Risk Factors, Dietary Management, Iron Intake and Human Health

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Message from the Guest Editors

Dear Colleagues,

Anemia has been recognized by the World Health Organization as one of the most significant global health problems that has serious consequences for human health. The etiology of anemia is multifactorial and complex, but dietary deficiencies of iron, folates and vitamin B12 play a crucial role in anemia development. The adequate intake of these nutrients is a matter of great concern, taking into account the increasing prevalence of following alternative diets, as well as elimination diets, which may result in decreased iron, folates and vitamin B12 intakes, and consequently, may lead to anemia. On the other hand, it must be indicated that not only inadequate iron intake, but also excessive intake, may contribute to health risks. Therefore, an assessment of the effectiveness of various dietary interventions as a possible measure in the prevention and diet therapy of anemia is needed to establish effective, complex, and tailored dietary guidelines to be applied in vulnerable populations.

In this Special Issue, we aim to analyze the relationship between anemia, diet and human health, focusing also on food choices that may prevent and treat anemia.





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