

Dietary Iron Intakes by Selected Population of Mandi District, Himachal Pradesh

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ABSTRACT Iron intakes of different age groups, mainly children, adolescents, adults and aged people of urban and rural area of Mandi district of Himachal Pradesh were studied. The iron intake of adult males and aged people was slightly greater (36.00 mg/d) when compared with females (35.00 mg/d) of the same age groups. The mean iron intake of adolescents was almost the same both in males and females as 34.60 mg/d in rural families and 37.70 mg/d in urban families. The mean iron intake of children varied from 14.91 to 15.88 mg/d. No significant difference was observed between the mean iron intake of rural and urban population of different age groups.