



☐☐

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

1 min to read

□□□□□□□□□□

References:

1. Dietary reference intakes. (2001). Washington, D.C.: National Academy Press.
2. Stoltzfus, R.J., Dreyfuss, M.L. (1998). WHO. Retrieved from https://www.who.int/nutrition/publications/micronutrients/anaemia_iron_deficiency/1-57881-020-5/en/
3. USDA Basic Report: 23142. (2018). Retrieved from <https://ndb.nal.usda.gov/ndb/foods/show/7233>
4. Food Standards Australia New Zealand. (2011). Food Nutrient Database. Retrieved from <http://www.foodstandards.gov.au/science/monitoringnutrients/ausnut/foodnutrient/Pages/default.aspx>
5. The First Hong Kong Total Diet Study: Minerals. (2014). Centre for Food Safety. Retrieved from http://www.cfs.gov.hk/english/programme/programme_firm/files/Report_on_the_1st_HK_Total_Diet_Study_Minerals_e.pdf