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Moving toward a plant-based diet: are iron and zinc at risk?

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Abstract

With reduced intake of meat and increased intake of phytate-containing legumes and whole grains, movement toward plant-based diets reduces dietary iron and zinc absorption. Although vegetarians have lower iron stores, adverse health effects of lower iron and zinc absorption have not been demonstrated with varied, plant-based diets consumed in developed countries. Improved assessment methods and monitoring are needed to detect and prevent possible iron and zinc deficiency with plant-based diets.

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