

CHALMERS UNIVERSITY OF TECHNOLOGY SE-412 96 Gothenburg, Sweden +46 (0)31 772 10 00, www.chalmers.se

## Lower iron absorption from texturized fava bean protein meals compared to meat and cod protein meals





Preliminary data:



Test meals containing texturized fava bean protein, beef protein and cod protein

- Iron absorption was 4 times higher from meals with beef protein compared to fava bean protein
- Iron absorption was 3 times higher from meals with cod protein compared to fava bean protein

## WHY IS THIS RELEVANT?

The prevalence of iron deficiency among fertile women in western civilizations is around 25%. Plant based diets have a low bioavailability of iron and adds on to the vulnerability of developing iron deficiency. Iron deficiency negatively affects mental and physical stamina, and can cause lasting cognitive impairment in children. Including nutrition and bioavailability into the protein shift is essential in order to avoid negative health effects and nutritional deficiencies.

## WHAT DID WE DO?

- Two single meal studies using double radioisotopes of iron (<sup>55</sup>Fe and <sup>59</sup>Fe)
- Subjects: 30 women of fertile ages
- Test meals were served two times each in the order BBAA
- Each subject served as her own control
- Iron absorption was measured by whole body counting and liquid schintillator (erythrocyte incorporation)

Study was performed in collaboration with Sahlgrenska Academy



Whole body counter

