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Commentary

Iron Deficiency Anemia: A Global Health Challenge and the Nutritional Benefits of Dark Chocolate

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DESCRIPTION

Anemia is a major public health problem affecting young children, pregnant and postpartum women, and adolescent girls and pregnant women. Low and middle-income countries bear the greatest burden of anemia, especially among the population living in rural areas, among poor and uneducated families. Globally, it is estimated that 40% of children aged 6-59 months, 37% of pregnant women and 30% of women aged 15-49 are infected. This resulted in 50 million healthy life years lost due to disability in 2019. The main causes of iron deficiency in the diet are thalassemia and sickle cell disease and malaria. This is a condition in which the red blood cells cannot carry enough oxygen throughout the body. More than 3 million Americans suffer from some form of this disease. Fatigue and weakness are the main symptoms of anemia. However, serious problems arise. There are several forms of iron deficiency anemia, the most common of which is iron deficiency anemia. In most cases, there is a lack of iron in the diet. In other cases, the body has iron but is unable to absorb the mineral due to conditions such as celiac disease. Iron deficiency anemia can occur in three ways. The first is the lack of delivery. It can be, for example, due to poor diet or premature birth. The second is increased interest. This happens during pregnancy or during puberty. Finally, anemia can occur as a result of a blood disorder, such as colon cancer or menopause. Allergy sufferers often experience fatigue, lethargy and pale skin.

Dark chocolate is made by adding fat and sugar to cocoa. It differs from chocolate milk in that it contains less or less solid milk. It is also used with other common names such as dark chocolate and semi-sweet. These differ in sugar content, but can be used differently in cooking and baking. In fact, the easiest way to tell if your chocolate is "dark" is to choose chocolate with 70% or higher cocoa content. Dark chocolate is known for its powerful antioxidant activity. In fact, many fruits with high antioxidant content such as blueberries and acai berries have been found to have more antioxidant benefits.

Dark chocolate is a rich source of micronutrients, such as vitamins B_1, B_2, B_3, B_9, K, calcium, phosphorus, magnesium, manganese, iron, selenium, copper, potassium and zinc. Magnesium and copper play a protective role in the heart, especially against stroke and heart disease. Iron is good at preventing anemia and magnesium is involved in the functions of the beta cells of the pancreas.

Problems and considerations

The health benefits of dark chocolate come from the flavanols in the cocoa solids. However, flavanol content varies between dark chocolate products.

Processing methods also vary between manufacturers and this affects the flavanol content in chocolate. There is no legal obligation for chocolate manufacturers to report the flavanol content of their products. However, dark chocolate products with a higher percentage of cocoa solids should contain more flavanols.

Although dark chocolate contains antioxidants and beneficial minerals, it is high in sugar and fat, making it a very high-calorie food.

Dark chocolate contains fat in the form of cocoa butter, mostly saturated fat. So people should try to limit their consumption of dark chocolate to avoid excess calories, fat and sugar.

Generally, milk chocolate and white chocolate have less sugar. Dark chocolate has a higher percentage of cocoa solids and less sugar. The amount of sugar varies between chocolate manufacturers, so it is recommended to check the nutrition declaration. A recent article in consumer reports tested several popular dark chocolate products and found that many contained high levels of lead and cadmium. Because cocoa contains these chemicals, it is difficult for chocolate makers to extract them.

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Daily intake

Dark chocolate is a dark horse in the fight against iron deficiency. It contains about 12 mg per 100 grams. The raw cacao in dark chocolate contains antioxidants and a high concentration of iron. We don't have to eat too much dark chocolate. The body can absorb small amounts at any time.