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Nutritional determinants of anemia among adults in Eastern China

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### Abstract

Historically, Eastern China has the highest prevalence of anemia among adults in China. It is commonly believed that iron deficiency is the main cause of anemia in China. Iron fortified soysauce is used to prevent anemia. Findings from Jiangsu Nutrition Study suggest that diet is related to anemia in this region. However, iron deficiency is not the main cause. Micronutrients other than iron (e.g. riboflavin) need to be considered in the prevention of anemia in the region.

**Key words:** Anemia; Diet; Iron; Riboflavin; Magnesium; China

**Core tip:** It is commonly believed that iron deficiency is the main cause of

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