

APPENDIX III

Soluble iron (mg) and ionisable iron (mg) content of the 12 selected meals (Phase I)

Meal No.	Soluble iron (mg) mean $\pm$ SE	Ironisable iron (mg) mean $\pm$ SE
1	1.45 $\pm$ 0.033	0.33 $\pm$ 0.018
2	4.89 $\pm$ 0.213	1.43 $\pm$ 0.073
3	1.62 $\pm$ 0.012	0.39 $\pm$ 0.001
4	1.72 $\pm$ 0.022	0.41 $\pm$ 0.026
5	4.48 $\pm$ 0.101	3.05 $\pm$ 0.003
6	1.38 $\pm$ 0.011	0.46 $\pm$ 0.003
7	2.76 $\pm$ 0.021	0.68 $\pm$ 0.065
8	6.67 $\pm$ 0.033	2.47 $\pm$ 0.075
9	1.22 $\pm$ 0.017	0.27 $\pm$ 0.001
10	1.64 $\pm$ 0.031	0.73 $\pm$ 0.041
11	2.01 $\pm$ 0.115	0.66 $\pm$ 0.004
12	3.20 $\pm$ 0.017	1.05 $\pm$ 0.011