

Sept. 1<sup>st</sup>, 2009

## THE IRONY OF DIETARY IRON

Tuesday, September 22, 2009  
12:00 pm to 1 pm ET  
(9am PT, 10am MT, 11am CT, 1pm AT)

Are Canadians getting enough iron in their diets? What is the difference in bioavailability of the two kinds of iron? Why is measuring and assessing iron intake in clients difficult?

**Sign up today to listen and question Dr. Marcia Cooper on the role of dietary iron in the Canadian diet.**

Marcia has worked extensively on the development of a Food Iron Bioavailability Index (FIBI) – an index which provides heme and non-heme values for foods in the Canadian Nutrient File. This index can help approximate bioavailable iron for specific foods.

### Speaker:

#### **Marcia Cooper, RD, PhD**

Research Scientist, Nutrition Research Division, Health Canada

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In case you missed out – listen to our brand new [NUTRICAST™ Radio series](#). Similar to a NUTRICAST™ but with a twist. Each episode is a 10-15 minute 'radio-style' interview with key experts discussing nutrition issues facing Canadians today. Listen at your computer or download to your Ipod® for on-the-go learning. Click [here](#) to stay abreast of the current research.

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