

Table 3 (A): Estimated daily heme iron consumption among urban poor women of reproductive age

Food Items				Frequency						Average Amount (g/d)	Amount of Iron (mg/d)
				Daily (%)	1-2 Per Week (%)	3-4 Per Week (%)	1-3 Per Month (%)	Seldom (Less than once a month) (%)	Never (%)		
1. Beef liver				0	2	0.7	12.1	24.8	60.4	2.5140	0.08799
2. Chicken liver				0	16.8	1.3	9.4	8.7	63.8	1.9961	0.179649
3. Beef meat (lean, boneless)				0.7	25.5	2.7	20.8	18.8	31.5	8.4600	0.1692
4. Beef meat (boneless)				0.7	24.2	1.3	21.5	14.7	37.6	7.3748	0.162246
5. Chicken breast				1.3	48.3	14.8	14.8	10.1	10.7	19.6872	0.098436
6. Chicken leg				1.3	48.3	13.4	10.2	9.4	17.4	18.4610	0.18461
7. Goat meat				0	0.7	0	0.7	0	98.6	0.2245	0.006286
8. Duck, meat				0	0	0	1.35	1.35	97.3	10.2748	0.246595
9. Buffalo meat				0	0	0	0.7	0.7	98.6	0.0783	0.001253
10. Fresh fish				31.5	27.5	20.1	10.7	3.4	6.8		
		n		139							
	10(a). Rohu	n	53	41.5	28.3	17.0	9.4	3.8		35.0799	0.350799
	10(b). Catla	n	14	50.0	0	42.9	7.1	0		12.7116	0.07627
	10(c). Pangas	n	43	34.9	34.9	20.9	7.0	2.3		26.2772	0.026277
	10(d). Walking catfish	n	1	100.0	0	0	0	0		0.8389	0.006711
	10(e). Tilapia	n	16	6.3	37.5	25.0	31.2	0		3.9099	0.01955
	10(f). Barb	n	5	0	40.0	40.0	0	20.0		0.4530	0.011778
	10(g). Catfish	n	2	0	50.0	0	50.0	0		0.1205	0.001446
	10(h). Climbing perch	n	2	50.0	0	0	50.0	0		1.1365	0.013638
	10(i). Hilsha	n	1	0	100	0	0	0		0.0892	0.00116
	10(j). Pomfret	n	1	0	100.0	0	0	0		0.1021	0.000919
	10(k). Bata	n	1	0	0	0	0	100		0.0056	0.000067
11. Dried Fish				1.3	15.4	3.4	22.8	20.8	36.3		
		n		95							
	11(a). Loitta	n	51	3.9	15.7	5.9	39.2	35.3		1.6973	0.33946
	11(b). Anchovy	n	25	0	28.0	4.0	32.0	36.0		0.5527	0.099486
	11(c). Tengra	n	13	0	38.5	7.6	38.5	15.4		0.3587	0.017935
	11(d). Churi	n	3	0	100.0	0	0	0		0.2157	0.008628
	11(e). Cingri	n	3	0	0	0	33.3	66.7		0.0213	0.005964
12. Giant river prawn				0	0	0	2.0	0	98.0	0.1284	0.0008988
13. Giant tiger prawn				0	0.7	0	2.0	3.3	94.0	0.4290	0.002574
14. Prawn				0	13.4	2.0	25.5	22.8	36.3	3.9113	0.019556
Total											2.139381

Table 3 (B): Estimated daily non-heme iron consumption among urban poor women of reproductive age

Food Items	Frequency						Amount (g/d)	Amount of Iron (mg/d)
	Daily (%)	1-2 Per Week (%)	3-4 Per Week (%)	1-3 Per Month (%)	Seldom (Less than once a month) (%)	Never (%)		
1. Pea dried	2	16.8	34.9	16.1	4.7	25.5	12.9720	0.622656
2. Bengal gram	0	2.7	1.4	6.7	8.7	80.5	0.7727	0.0679976
3. Green gram	1.3	3.4	0.7	8.1	2.7	83.8	1.2755	0.091836
4. Lentil	74.5	6	8.1	8.1	2	1.3	40.3886	2.0598186
5. Ruti	77.2	10.7	1.3	4.7	1.4	4.7	53.3605	1.4407335
6. Rice flaked	0	0.7	0	2	2	95.3	0.0932	0.0063376
7. Bread, white	3.4	4	0.7	4.7	8.1	79.1	2.1516	0.0473352
8. Biscuit, sweet	2	2	0.7	2.7	11.4	81.2	3.2454	0.0681534
9. Plain Khichuri	0	39.6	0	26.8	20.8	12.8	28.5176	0.3136936
10. Plain pulao	0	33.6	0	14.1	23.5	28.8	18.9854	0
11. Rice	100	0	0	0	0	0	200	0.6
12. Puffed Rice	10.1	14.8	6.7	9.4	5.4	53.6	2.9567	0.0206969
13. Popped Rice	0	0	0	0	0.7	99.3	0.0038	0.0000014
14. Vermicelli	0	0	0.7	4	10.1	85.2	0.5428	0.0048852
15. Semolina wheat	0	0.7	0	1.3	25.5	72.5	0.5722	0.0062942
16. Dates	2.7	2	0.7	8.1	32.9	53.6	1.0169	0.0193211
17. Apple	0	4.7	0.7	9.4	32.9	52.3	4.5972	0.0045972
18. Banana	16.8	44.3	16.8	8.1	3.4	10.6	41.6639	0.1249917
19. Jujube	0	4	3.4	9.4	14.7	68.5	4.1324	0.0330592
20. Pineapple	0.7	1.3	0	2.7	16.1	79.2	2.7631	0.0193417
21. Orange	0	2.7	0	2.7	11.4	83.2	1.5883	0.0031766
22. Grapes	0	0.7	0.7	7.4	18.1	73.1	2.3790	0.011895
23. Cowpea	0	1.3	0	8.1	3.4	87.2	0.4579	0.0022895
24. Ash Gourd	0	1.3	0	6.7	4.7	87.3	0.3385	0.002708
25. Bottle Gourd	0	31.5	3.4	31.5	16.8	16.8	9.8503	0.0689521
26. Pointed Gourd	0	10.1	0.7	20.1	3.4	65.7	2.6785	0.0455345
27. Ridge Gourd	0.7	6.7	0	10.1	6	76.5	2.4486	0.0318318
28. Sponge Gourd	0	6	0	4	4.7	85.3	1.3317	0.0079902
29. Teasle Gourd	0	3.4	0	7.4	8.7	80.5	1.0894	0.0283244
30. Ladies finger	0	30.2	1.3	19.5	12.1	36.9	7.5834	0.0682506
31. Pumpkin	0	26.2	0	14.1	10.1	49.6	5.9506	0.0416542
32. Cauliflower	0	30.2	35.6	21.5	6	6.7	27.3754	0.2190032
33. Cabbage	0	28.9	28.2	18.8	6.7	17.4	23.0288	0.115144
34. Spinach	0.7	32.2	2.7	17.4	12.1	34.9	9.6723	0.2127906
35. Amaranth leaves	0	15.4	1.3	14.8	10.7	57.8	3.9339	0.1927611
36. Bean	0	8.1	1.3	0.7	4.7	85.2	2.1751	0.0195759
37. Amaranth red leaves	0.7	45	0.7	20.7	9.4	23.5	10.8631	0.651786
38. Amaranth stem	0	26.8	0	7.4	9.4	56.4	5.6461	0.1016298
39. Bottle gourd leaves	0	28.9	1.3	14.1	6	49.7	6.9825	0.2164575
40. Indian spinach	0	26.2	0	16.8	6	51	5.5056	0.1211232
41. Water spinach	0	7.4	0.7	12.8	3.4	75.7	2.0809	0.0457798
42. Potato	97.3	1.3	0.7	0	0	0.7	48.7935	0.2439675
43. Sweet potato	0.7	1.3	0	5.4	6	86.6	0.6335	0.0095025
44. Tomato	65.8	12.8	9.4	5.4	0	6.6	34.3944	0.0687888
45. Cucumber	20.1	24.8	3.4	8.1	5.3	38.3	12.8046	0.0768276
46. Pistachio nuts	0	0.7	0.7	4.7	4	89.9	0.2653	0.0140609
47. Pumpkin seeds	0	0	0	1.3	0.7	98	0.0615	0.0049815
48. Sesame seeds	0	0.7	0	0	0	99.3	0.0360	0.00378
49. Groundnuts/Peanut	1.3	0.7	0	2.7	13.4	81.9	0.5326	0.0154454
50. Chicken's Egg (farmed)	43	26.8	18.7	8.1	0	3.4	35.1831	0.5277465
51. Chicken's Egg (native)	0	0.7	0	0	1.3	98	0.0717	0.0012189
52. Duck's Egg	2.7	3.4	0	6	8.7	79.2	3.6874	0.0884976
Total							8.815225	

