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| **Appendix** See Table 7.**Table 7** Correlation coefficients among energy-adjusted total dietary iron, different forms of iron and sources of iron among controls  |
|  | Total dietary iron | Heme iron | Non-heme iron | Iron from plants | Iron from meat | Iron from white meat | Iron from red meat |
| Total dietary iron | 1.000 | 0.229\*\* | 0.974\*\* | 0.396\*\* | 0.323\*\* | 0.156\*\* | 0.182\*\* |
| Heme iron |  | 1.000 | 0.040 | 0.136\*\* | 0.934\*\* | 0.422\*\* | 0.923\*\* |
| Non-heme iron |  |  | 1.000 | 0.380\*\* | 0.148\*\* | 0.072\*\* | 0.006 |
| Iron from plants |  |  |  | 1.000 | 0.172\*\* | 0.198\*\* | 0.072\*\* |
| Iron from meat |  |  |  |  | 1.000 | 0.586\*\* | 0.808\*\* |
| Iron from white meat |  |  |  |  |  | 1.000 | 0.120\*\* |
| Iron from red meat |  |  |  |  |  |  | 1.000 |
| \*\* Correlations are significant (*P*<0.01).  |