

## The efficacy of iron supplementation using bread as vehicle on iron status of preschoolers in Surabaya, East Java

Sri Wigati, author

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### Abstrak

Iron deficiency anemia among under live children is highly prevalent in Indonesia and is considered as a public health problem. Iron supplementation seems to be the most appropriate way to control iron deficiency in relatively short period of time. Children consume less food than adult and their diet often consists of foods with little iron content and poor iron bioavailability. Additional iron to food for children is therefore necessary. One possible food chosen as alternative vehicle to prevent iron deficiency among children is bread. This study gave iron supplementation using bread as vehicle which provided 25% of daily iron requirement of preschoolers to address iron deficiency problem in relatively short period of time.

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The study report is arranged and divided into three parts- Part I includes the background of the study, problem statement, rationale of the study, literature review, hypotheses, objectives and variable-indicator matrix.

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Part 2 is the manuscripts for publication. The manuscript 'The efficacy of iron supplementation using bread as vehicle of preschoolers in Surabaya, East Java' is written for submission to Asia Pasific Journal. This pan consists of abstract, introduction, materials and methods including study and subjects, sample size, study design, data collection, statistical analysis, ethical consideration, results, discussion, conclusion and references.

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Part 3 describes the questionnaire used for 'the data collection, detailed methodology and important results that have not been presented in the manuscript, ethical consideration, grant approval, references and curriculum vitae.