

Effect of an iron fortified milk on morbidity in infancy. A field trial

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The effect of an iron fortified milk on gastrointestinal and respiratory illness was evaluated in a prospective longitudinal field trial in which infants were provided beginning at 3 and continuing through 15 months of age with, either iron fortified 15 mg Fe/l (n=53) or non fortified (n=47) milk. Gastrointestinal and respiratory symptoms and signs were recorded daily. The mean incidence of diarrhea was 1.1 and 1.2 episodes per year per child in the fortified and non fortified groups, respectively. The figures per child/year for respiratory infections were 3.9 and 3.9 respectively. The results demonstrate that iron fortification at doses sufficient to significantly eradicate iron deficiency anemia is not associated with an increased incidence of gastrointestinal and respiratory illness. © 1987 Pergamon Journals Ltd.