

TABLE 28

Guide to Interpretation of Serum Iron According to Age, Sex, and Physiological State (All Altitudes)^a ($\mu\text{g}/100\text{ ml}$)

Age	Sex	Classification category		
		Deficient	Low	Acceptable
3 to 11 months	M and F	< 18.0	18.0 to 29.9	\geq 30.0
12 to 35 months	M and F	< 30.0	30.0 to 49.9	\geq 50.0
3 to 11 years	M and F	< 30.0	30.0 to 49.9	\geq 50.0
12 to 17 years	M	< 30.0	30.0 to 59.9	\geq 60.0
12 to 17 years	F	< 30.0	30.0 to 59.9	\geq 60.0
18 to 44 years	M	< 30.0	30.0 to 59.9	\geq 60.0
18 to 44 years	F	< 30.0	30.0 to 59.9	\geq 60.0
45 to 64 years	M and F	< 30.0	30.0 to 49.9	\geq 50.0
\geq 65	M and F	< 30.0	30.0 to 49.9	\geq 50.0
Pregnant women				
1st Trimester		< 30.0	30.0 to 59.9	\geq 60.0
2nd Trimester		< 30.0	30.0 to 59.9	\geq 60.0
3rd Trimester		< 45.0	45.0 to 59.9	\geq 60.0
Lactating women		< 30.0	30.0 to 59.9	\geq 60.0

M = males F = females

^aFrom Central America and Panama Nutrition Survey (43,44)

TABLE 29

Guide to Interpretation of Percent Saturation of Transferrin According to Age, Sex, and Physiological State (All Altitudes)^a

Age	Sex	Classification category		
		Deficient	Low	Acceptable
3 to 11 months	M and F	< 10.0	10.0 to 12.9	\geq 13.0
12 to 35 months	M and F	< 15.0	15.0 to 19.9	\geq 20.0
3 to 11 years	M and F	< 15.0	15.0 to 19.9	\geq 20.0
12 to 17 years	M	< 15.0	15.0 to 19.9	\geq 20.0
12 to 17 years	F	< 15.0	15.0 to 19.9	\geq 20.0
18 to 44 years	M	< 15.0	15.0 to 19.9	\geq 20.0
18 to 44 years	F	< 15.0	15.0 to 19.9	\geq 20.0
45 to 64 years	M and F	< 15.0	15.0 to 19.9	\geq 20.0
\geq 65	M and F	< 15.0	15.0 to 19.9	\geq 20.0
Pregnant Women				
1st Trimester		< 15.0	15.0 to 19.9	\geq 20.0
2nd Trimester		< 15.0	15.0 to 19.9	\geq 20.0
3rd Trimester		< 15.0	15.0 to 19.9	\geq 20.0
Lactating Women		< 15.0	15.0 to 19.9	\geq 20.0

M = males F = females

^aFrom Central America and Panama Nutrition Survey (43,44)