

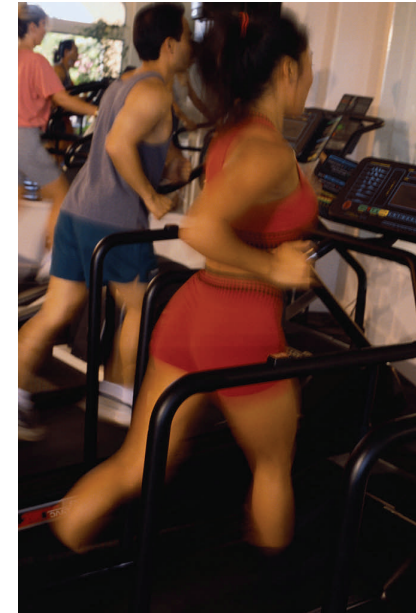
FOOD	SERVING SIZE	MG. OF IRON
Beef, corned	3 oz.	2.5
Beef, liver	3 oz.	7.5
Beef, lean ground; 10% fat	3 oz.	3.9
Beef, round	3 oz.	4.6
Beef, chuck	3 oz.	3.2
Beef, flank	3 oz.	4.3
Chicken, white	3 oz.	0.8
Chicken, dark	3 oz.	1.1
Lamb	3 oz.	1.5
Pork, loin	3 oz.	0.7
Pork, shoulder	3 oz.	1.0
Pork, leg	3 oz.	0.6
Turkey, white	3 oz.	1.1
Turkey, dark	3 oz.	2.0
Fish	3 oz.	1.1
Shrimp	3 oz.	2.6
Liver, chicken	3 oz.	7.2
Tofu, extra firm	4 oz.	1.0
Navy beans	½ cup	2.5
Black-eyed peas	½ cup	4.0
Garbanzo beans	½ cup	4.5
Green peas	1 cup	2.5
Lentils	½ cup	3.3
Apricots, dried	10	1.7
Dates	10	1.0
Raisins	¼ cup	1.0
Prune juice	8 oz.	2.7
Green beans	1 cup	1.6
Spinach	½ cup	3.2
Potato, baked with skin	1	2.7
Bagel	1	2.5
Molasses, blackstrap	1 tablespoon	2.5
Macaroni, enriched cooked	1 cup	2.0
Wheat germ, toasted	2 tablespoons	1.0



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## IRON AND YOUR BODY

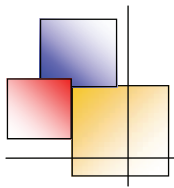
*University Health Services Patient Education Information*



### IRON

- Iron is a mineral that is important to all body cells.
- Iron is particularly important for blood cells because iron is needed to make hemoglobin.
- Hemoglobin is the protein in blood cells that carries oxygen to body tissues.

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## HOW MUCH IRON DO I NEED?

The amount of iron that you need depends on your age and whether you are male or female. The following chart lists the recommended daily requirement for milligrams of iron for each group:

GROUP	MG. IRON PER DAY
Children 1 through 10 years old	10
Males 11 through 18 years old	12
Men over 18 years old	10
Pre-menopausal females over 11 years old	15
Postmenopausal women	10
Pregnant and breast-feeding women	15-30

## WHAT HAPPENS IF I DON'T HAVE ENOUGH IRON?

Iron deficiency anemia occurs when there is not enough iron (hemoglobin) in the red blood cells. People who have iron deficiency anemia are often tired and lack energy. It is diagnosed by a blood test. This type of anemia may be caused by:

- diets poor in iron
- blood loss
- body changes during pregnancy



## DO I NEED AN IRON SUPPLEMENT?

If you get enough iron in your diet you don't need a supplement. Taking unnecessary supplements may be harmful. You can accumulate too much iron in your body, which can damage various organs.

If you have iron deficiency anemia, your health care provider may recommend a supplement. Some supplements cause constipation. Make sure you drink enough fluid and have enough fiber in your diet. In addition to a prescribed iron supplement, it is also recommended that you increase iron-rich foods in your diet.

## WHAT FOODS ARE GOOD SOURCES OF IRON?



Although iron is found in a variety of different foods, its availability to the body varies significantly. This is determined by whether it is found in the form of HEME or NON-HEME iron. HEME iron is found only in meat, fish and poultry and is absorbed much better than NON-HEME iron which is found primarily in fruits, vegetables, dried beans, nuts and grain products.

Many cereals and breads are fortified with extra iron. Check the labels.

## WHAT FOODS AFFECT THE WAY THE BODY ABSORBS IRON?

The following factors will **increase** the iron absorption:

- Vitamin C found in citrus fruits, tomatoes, broccoli, and strawberries helps the body absorb NON-HEME iron.
- Eating HEME-iron-rich foods with NON-HEME iron-rich foods
- Cooking NON-HEME foods in iron pots, such as a cast iron skillet

The following factors will decrease the iron absorption:

- Coffee, even decaffeinated, may decrease iron absorption up to 39%
- Tea, even decaffeinated, may decrease iron absorption up to 87%
- Excess consumption of high fiber foods or bran supplements.
- Calcium supplements taken within two (2) hours of eating iron-rich foods.