

Nutrition

Nutrition Facts about Iron

Why is Iron Important?

- Helps carry oxygen to all parts of the body
- Promotes proper brain development and growth in infants and children
- Helps fight off illness

What are the Symptoms of Too Little Iron?

- Fatigue(feeling tired) and weakness
- Irritability
- Headaches
- Decreased interest in eating

Ways to Get More Iron for Your Body

- Have at least one iron rich food with each meal
- Take an iron supplement with 2 ounces of a vitamin C-rich juice, like orange or tomato
- Fix meals that have iron from animal sources as well as from plant sources
- Avoid drinking tea and coffee with meals rich in iron. These drinks can decrease the amount of iron your body absorbs from the meal
- If you use antacids, use them only when needed

Other Things to Consider

- Cow's milk and fruit juice are poor sources of iron
- Drink no more than 4 ounces of fruit juice and 16 – 24 ounces of milk each dayVitamin C-rich foods eaten with iron rich plant foods help iron absorption
- Iron from meat, fish and poultry is better absorbed than iron from plants.
- Limit high fiber foods that can decrease iron absorption
- Take iron supplements separate from calcium supplements

Age	Recommended Daily Iron Intake
Infant, 0-6 months	0.27 mg per day
Infant, 7-12 months	11 mg per day
1-2 years old	7 mg per day
3-8 years old	10 mg per day
9-13 years old	8 mg per day
14-18 year old males	11 mg per day
14-18 year old females	15 mg per day

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Foods with at least 2 mg iron per serving

Food	Serving Size
Beef, veal	3 ounces
Clams, oysters, shrimp, sardines	3 ounces
Bran flakes	$\frac{3}{4}$ cup
Cream of wheat	$\frac{1}{2}$ cup
Oatmeal (iron-fortified)	$\frac{3}{4}$ cup
Dried beans, cooked (kidney, lentils, lima, navy)	$\frac{1}{2}$ cup
Soybeans	$\frac{1}{2}$ cup
Tofu	$\frac{1}{2}$ cup
Spinach	1 cup
Dried prunes	4 pieces
Reconstituted instant breakfast powder	1 cup

Foods with at 1-2 mg iron per serving

Food	Serving Size
Poultry	3 ounces
Corned beef	3 ounces
Cooked kale	1 cup
Dried apricots	7 halves
Raisins	5 tablespoons
Whole wheat bread	1 slice
Nuts: cashews, brazil nuts, walnuts	1 ounce