

## Good Iron Sources

A person can be iron deficient with or without showing signs of anemia. Iron deficiency limits energy production and decreases the blood's ability to transport oxygen to your muscles. As a result, most people who are iron deficient feel tired and lack energy. Monitor your eating patterns to ensure you are getting enough iron.

Including meat in your diet provides the body with a form of iron called heme iron that is more readily absorbed than the type of iron found in vegetables and grains. Dark meats such as lamb, beef, pork, chick and turkey provide more iron. The heme iron from animal protein enhances the absorption of the non-heme iron in vegetables and grains. To enhance iron absorption from these sources, combine vegetable proteins with meat. To enhance iron and carbohydrates, eat cereals, breads and pastas that have the words "enriched" or "fortified" on the label.

At each meal, eat foods that are high in vitamin C to help the body absorb iron. Vitamin C enhances the absorption of iron significantly.

To help with iron absorption

- Vitamin C
- Cook with cast iron cookware
- Take iron supplements on an empty stomach or with a juice high in Vitamin C

RDA Women over 10yr: 15mg

RDA Women over 50yr: 10mg

RDA Women during pregnancy: 30mg

RDA Breastfeeding women: 15mg

(RDA= Recommended Daily Allowance)

### SOURCES OF IRON

Sources containing heme-iron	Amount	Iron (mg)
Pork chop	3.5 oz	4.0
Sirloin	3.5 oz	3.4
Lean ground beef	3.5 oz	2.1
Lamb (leg)	3.0 oz	1.9
Turkey (dark)	3.0 oz	2.0
Chicken	3.0 oz	1.0
Tuna	3.0 oz	1.0

Sources containing non-heme iron	Amount	Iron (mg)
Dried apricots	12	6.0
Dates	9	5.0
Baked beans	½ cup	3.0
Kidney beans	½ cup	3.0
Raisins	½ cup	2.0
Spinach	½ cup	2.0
Green beans	½ cup	1.0
Enriched pasta	½ cup	1.0

Iron containing breakfast cereals	Amount	KCAL	% RDA*
Total	1 cup	100	100
Most	2/3 cup	95	100
Product 19	¾ cup	108	100
Life	2/3 cup	111	35
Granola	¼ cup	127	25
Cheerios	1 ¼ cup	111	25
Wheaties	1 cup	99	25
Corn Flakes	1 cup	110	10

### FOODS THAT SUPPLY 100% OF RDA FOR VITAMIN C

Source	Amount
Orange juice	6 oz
Grapefruit juice	8 oz
Green pepper	½ medium
Broccoli	1 stalk
Tomatoes	2 medium
Potatoes	1 large

\*RDA = Recommended Daily Allowance