

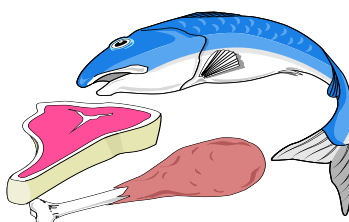
WHY DO I NEED IRON?

Iron is very important for carrying oxygen in the blood and for making new red blood cells. Adequate iron helps you to feel energetic and healthy. Iron deficiency (anaemia) can make you feel tired, look pale and generally feel unwell.

HOW MUCH IRON DO I NEED TO EAT EACH DAY ?

		(mg iron required)
Infants	0 – 6 months (bottle fed)	3.0
	0 – 6 months (breast fed)	0.5
	7 – 12 months	9.0
Children	1 – 11 years	6 - 8
Adolescents	12 – 18 years	10 – 13
Men	Over 18 years	7
Women	Over 18 years	12 – 16
	Pregnant	22 – 36
	Breastfeeding	12 – 16
	Post menopause	5 – 7

THE BEST SOURCES OF IRON



Animal foods such as red meat, chicken and seafood are good sources of easily absorbed iron. Try to obtain at least half of your daily iron needs from these sources.

MEAT AND CHICKEN

	(mg per 100g)
Kidney - cooked	11.4
Liver - cooked	11.1
Beef - cooked	3.0
Lamb, pork - cooked	2.5
Egg – 2 whole	2.0
Chicken - cooked	1.5

FISH AND SEAFOOD

	(mg per 100g)
Mussels	8.0
Oysters	6.0
Herring	3.0
Sardines	2.5
Salmon / tuna	1.5
Shellfish	1.0
Fresh fish	0.5

ABSORPTION OF IRON

Iron from plant foods is not as easily absorbed into the blood. Iron absorption from these food is improved if they are eaten with a Vitamin C rich food such as citrus fruits, berries, tropical fruits or tomato. This is especially important for vegetarians. Small amounts of red meat, poultry or fish also increase absorption of iron from plant foods.



OTHER SOURCES OF IRON

BREADS, CEREALS, FRUITS, VEGETABLES, NUTS AND SEEDS

	Quantity	(mg of Iron)
Pura Edge milk	1 cup	6.2
Fortified cereals (check label)	30g (1/2 – 1 cup)	3.0
Weetbix, Vitabrits	2 biscuits	3.0
Milo	2 tablespoons	2.8
Spinach / silverbeet	1/2 cup	2.2
Lentils, soya beans, kidney beans	1/2 cup cooked	2.2
Sesame seeds / pumpkin seeds	1 tablespoon	2.1
Baked Beans	1/2 cup	2.0
Life milk	1 cup	1.5
Sanitarium Vegetarian Products	100g	1 – 3
Wholemeal Bread	2 slices	1.4
Brown Rice	1 cup cooked	0.9
Almonds (14) Cashews (8)	15g	0.6

MAKING THE MOST OF IRON

Some food and medications can decrease iron availability. Avoid large amounts of:

- ❖ Unprocessed bran (maximum 2 tablespoons per day)
- ❖ Tea (maximum 6 cups per day)
- ❖ Coffee (maximum 4 cups per day)
- ❖ Antacids
- ❖ Aspirin

Eat iron-rich foods separately from these items if possible.

Enjoy a balanced diet with adequate Iron in order to feel energetic and well. Discuss the possibility of a blood test if you are concerned about your iron levels.