



## High Iron Foods

Iron is a mineral that carries oxygen to the cells. It works in each cell to produce energy. When your iron is low, your energy is low and you feel tired. Anemia can be caused by low iron. Sometimes, it can be hard to get enough iron in your diet.

### How much Iron do you need?

	Milligrams (mg) per day/	
	Female	Male
Infants and children (7mos-13yrs)	7-11 mg	7-11 mg
Teenagers (14-18 yrs)	15 mg	11 mg
Adults (19-50 yrs)	18 mg	8 mg
Older adults (50 yrs +)	8 mg	8 mg
Pregnancy	27 mg	
Lactation	9-10 mg	

Source: National Academy of Sciences, 2001

### Iron Boosters: tips to help your body absorb iron better:

- Eating foods high in Vitamin C, such as citrus, peppers, tomatoes, broccoli or strawberries with the meal improve iron absorption.
- When shopping, choose grains like bread, and cereals that are enriched or fortified with iron. Check labels and look for 25% or higher for the DV (daily value) for iron.
- Drink coffee or tea only in between meals. These drinks decrease the amount of iron you absorb from foods.
- Don't take a Calcium supplement, a large serving of dairy or an antacid at the same time you take an iron supplement.



# Where's the iron?

## ADDING IRON TO YOUR DIET

<b>Foods high in iron Greater than (4 mg): iron/serving</b>		
	<b>Serving</b>	<b>Iron/serving</b>
Total or Product 19 (any cereal fortified with 100% RDA)	1 oz	18 mg
Oatmeal, plain, fortified	1 packet	10 mg
Cream of wheat, Malt o meal	1 cup	10 mg
Cheerios	1 cup	9 mg
Beans, white, cooked	1 cup	7.8 mg
Lentils, cooked	1 cup	6.5 mg
Braunschweiger (liver sausage)	2 oz	6.3 mg
Oysters	6 medium	5.6 mg
Bran flakes	1/2 cup	5.4 mg
Liver, beef, cooked	3 oz	5.4 mg
All bran	1/2 cup	5.2 mg
Instant breakfast	1 packet	4.5 mg
Pumpkin seeds	1 oz	4.2 mg

<b>Moderate sources of Iron (2-4 mg): iron/serving</b>		
	<b>Serving</b>	<b>Iron/serving</b>
Turnip greens, frozen	1 cup	3.8 mg
Spinach, frozen	1 cup	3.7 mg
Kidney beans,	1/2 cup	3.2 mg
Beef, cooked	3 oz	3.0 mg
New England clam chowder	1 cup	3.0 mg
Prune juice	8 oz	3.0 mg
Sardines, canned, drained	8 med	2.8 mg
Almonds	1/2 cup	2.6 mg