

IRON

Boost Up Your Energy

Iron is a powerhouse mineral. It can make a big difference in how well you work, play, and learn. Iron is a part of the hemoglobin molecule in your blood that carries oxygen to your body's cells. Iron works in each cell to help produce energy.

When your blood level of iron is low, your energy level seems low and you may feel tired or irritable. You may not be able to concentrate and may have trouble learning. Iron needs to be replaced daily through your diet.

<i>How much do I need daily?</i>			
Females		Males	
Age	Amount (mg)	Age	Amount (mg)
14-18	15 mg	14-18	11 mg
19-50+	18 mg	19-51+	8 mg
Female, pregnant	27 mg		

Iron Boosters

- Meat, fish, and poultry contain heme iron. This form of iron is much better absorbed than the non-heme iron in plant foods.
- When you eat plant foods along with meat, fish, or poultry, the non-heme iron in the plant foods is better absorbed. For example, the iron in a spinach salad will be much better absorbed if you eat meat, fish, or poultry at the same meal. People who do not eat meat, fish, or poultry will find it more difficult to meet their iron needs.
- Eat foods high in vitamin C to help absorb the non-heme iron in plant food. For example, drinking orange juice with a meal of iron-fortified breakfast cereal helps your body absorb the iron in the cereal. Examples of other high vitamin C foods are oranges, broccoli, tomatoes, kiwifruit, strawberries, peppers, potatoes, and cabbage.

- Tea and coffee contain substance that interfere with iron absorption. Try to drink these beverages between meals.
- High fiber foods like bran reduce the absorption of iron.
- Some medications block the absorption of iron. These include antacids or phosphate salts like calcium phosphate. Ask our medical providers or dietician if there are other medications you are taking that might be interfering with iron absorption.

Iron Busters

Looking for High Iron Foods? DCS has you covered...

MEAT	 Sirloin, tenderloin, or chuck roast 3 oz 3.2 mg	 Ground beef, extra lean 3 oz 2.4 mg	 Tuna, Light 3 oz 1.1 mg	 Chicken or Turkey 3 oz 1.1 mg	 Salmon 3 oz 0.9 mg	
	GRAINS	 Total Cereal 1 cup 18 mg	 Grape Nuts Cereal 1/2 cup 8.2 mg	 Instant Plain Oatmeal 1 packet 10 mg	 Cream of Wheat 1 packet 5.0 mg	 Malt o Meal 1 packet 5.0 mg
		 Split Pea 1 Cup 1.87 mg	 Broccoli 1 medium stalk 2.1 mg	 Baked Potato 1 medium 2.7 mg	 Spinach 1 cup raw 0.8 mg	 Tofu 1/2 cup 4 mg
		BEANS	 Kidney Beans 1/2 cup 2.6 mg	 Lentils 1/2 cup 3.3 mg	 Chickpeas 1/2 cup 2.4 mg	 Black Beans 1/2 cup 2.4 mg

Certain foods contain heme iron. Heme comes from the word hemoglobin, the oxygen-carrying molecule. This form of iron is much better absorbed, thus producing more energy for your body.

List of Heme and Non-heme Iron Sources	
Sources of Heme Iron	Sources of Non-heme Iron
Liver Sirloin, tenderloin, or chuck roast Ground beef Tuna Chicken Flounder, sole, salmon, and halibut	Iron Fortified Cereals Cream of Wheat or Malt o Meal Instant oatmeal Lentils Kidney beans Baked potato Split pea Refried beans Pasta Rice Bread