

Prepared For:		Date:	
Prepared By:		Contact:	

Iron-Rich Nutrition Therapy

Iron helps carry oxygen throughout your body. If you are not eating enough iron-rich foods in your diet, you may feel tired and run-down.

How Much Iron Do You Need?

The amount of iron you need each day is measured in milligrams (mg). The general recommendations for healthy people are:

- Women (ages 19-50 years): 18 mg iron per day
- Women (ages 19-50 years): 27 mg if pregnant; 9 mg if breastfeeding
- Men (ages 19 years and older): 8 mg iron per day
- Older women (ages 51 years and older): 8 mg iron per day

Tips

Tips for Adding Iron to Your Eating Plan

- Iron from meat, fish, and poultry is better absorbed than iron from plants.
- Include foods high in vitamin C such as citrus juice and fruits, melons, dark-green leafy vegetables, and potatoes with your meals. This may help your body absorb more iron.
- Eat enriched or fortified grain products.
- Limit coffee and tea at mealtimes so as not to decrease iron absorption.
- Some cereals contain 18 mg iron per serving (eg, Total, 100% bran flakes, Grapenuts, and Product 19). Having $\frac{3}{4}$ cup of your preference will ensure your daily iron intake.

Foods with at Least 2 mg Iron per Serving

Food	Serving Size
Beef, veal	3 ounces
Clams, oysters, shrimp, sardines	3 ounces
Bran flakes	¾ cup
Cream of wheat	½ cup
Oatmeal (fortified)	¾ cup
Baked potato, with skin	1
Dried beans, cooked (kidney, lentils, lima, navy)	½ cup
Soybeans	½ cup
Tofu	½ cup
Spinach	1 cup
Dried prunes	4 pieces

Foods with 1 to 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

Iron-Rich Sample 1-Day Menu

Breakfast	1 serving citrus fruit 3/4 cup raisin bran 1 egg 1 slice whole-wheat toast 1 cup low-fat or fat-free milk 1 teaspoon margarine
Lunch	3 ounces tuna fish 2 slices whole grain bread 1 medium apple 1/2 cup carrots 1 teaspoon mayonnaise 1 cup low-fat or fat-free milk
Afternoon Snack	1 cup fat-free yogurt 1 medium apple 1 medium banana
Dinner	4 ounces chicken 1 medium baked potato with skin 1 1/2 cups mixed salad 1 teaspoon olive oil and vinegar dressing 1/2 cup low-fat or fat-free milk

Notes