

## 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 each day for healthy people are:

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

### How Much Iron Does Your Child Need?

- Infants, 0-6 months: 0.27 mg    7-12 months: 11 mg
- Child 1-3 years: 7 mg    4-8 years 10 mg    9-13 years 8 mg
- Teen boys, 14-18 years: 11 mg
- Teen girls, 14-18 years: 15 mg

### General guidelines

- Iron from meat, poultry, and fish is better absorbed than iron from plants.
- Limit coffee and tea at mealtimes so as not to decrease iron absorption.
- Include foods high in Vitamin C such as citrus juice and fruits, melons, berries and dark green leafy vegetables with your meals. This may help your body absorb more iron.
- Eat iron-enriched grain products or foods prepared with iron-enriched flour.
- Many cereals contain 18 mg iron, or 100% of adult daily needs per serving, such as: Total, 100% Bran flakes, and Grape-nuts. Having a serving of one of these iron rich cereals each day can help you meet daily iron intake.
- Try cooking with iron cookware, which will add some iron to whatever is prepared.

### Supplementation

325 mg Iron Gluconate can be used to supplement if Ferritin levels are less than 15 mg/ml in women or less than 30 mg/ml in men.

## How Much Iron Do You Need?

FOOD	SERVING SIZE	IRON (mg)
<b>Meats and Alternatives</b>		
Beans, cooked: black, garbanzo, kidney, lima, pinto, white	½ cup	1.6 -4.0
Beef liver	3.5 oz.	7
Beef, veal, lamb (most cuts)	3 oz.	2-3
Chicken	3 oz.	1
Chili w/ meat & beans	1 cup	8.75
Clams, cooked	3 oz.	11
Egg	1 large	1
Fish: haddock, halibut, perch, salmon, trout, tuna	3 oz.	0.7 -1.3
Ground Beef	3.5 oz.	2.9
Lentils	½ cup	3.5
Nuts: almonds, cashews, pine nuts, pistachios, walnuts	1 oz.	1.0 -1.6
Oysters, canned	3 oz.	5.7
Pork	3 oz.	2.7
Pork & beans	½ cup	4.5
Refried Beans	½ cup	2.1
Seeds: pumpkin	1 oz.	4.2
Seeds: sesame, sunflower	1 oz.	1.2
Shrimp, cooked	3 oz.	2.6
Soy milk	1 cup	2.7
Tofu, firm	½ cup	3.4
Turkey, dark meat	3 oz.	2
Turkey, white meat	3 oz.	1.1

FOOD	SERVING SIZE	IRON (mg)
<b>Grains</b>		
Bagel, 4": onion, sesame, poppy	1 each	5.4
Bagel, 4": raisin	1 each	3.5
Brown rice, cooked	1 cup	1.03
Enriched Cold cereals (Cheerios, Life, Product 19, Mini Wheats)	1 cup	8 - 18
Enriched Hot cereals (Malt o meal, Oatmeal, Cream of Wheat)	½ cup	6.3 -8.1
Enriched Medium grain rice, cooked	1 cup	2.77
Enriched white rice, cooked	1 cup	2.25
Unenriched white rice, cooked	1 cup	0.41
<b>Vegetables and Fruits</b>		
Apricots, dried	10	1.7
Artichoke, boiled	1 medium	3.87
Asparagus	½ cup or 6 spears	2
Beets	½ cup	1.5
Edamame/baby soybeans, cooked	½ cup	2.25
Greens: chard, collard, beet, turnip	½ cup cooked or 1 cup fresh	1.2-2.0
Mushrooms	½ cup	1.4
Peas, green, cooked from frozen	½ cup	1.2
Potato, baked with skin	1 medium	1.9
Prunes, dried	10	2.08
Raisins	2/3 cup	2.08
Spinach	½ cup cooked or 1 cup fresh	2.0 -3.4



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**This handout is intended for use during an appointment with a registered dietitian only, and is not meant for use by other clinicians.**

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