

DIETARY SOURCES OF IRON

Iron is used to carry oxygen around your body. Anaemia and tiredness can result from a lack of iron in the diet.

To increase your intake of iron

Meat	Any meat, especially offal (liver*, kidney, heart, tongue), and lean red meat.
Fish	Tinned salmon, sardines, pilchards, tuna
Eggs	Especially the yolk
<u>Other good sources:</u>	
Bread & flour	Wholemeal bread & flour, 'Best of Both' and soft grain breads, chapattis made from No.2 or 3 flour
Breakfast cereals	Look for cereals fortified with iron especially Special K, Bran Flakes, Grape nuts.
Vegetables, pulses	All dark green leafy vegetables, peas, beans, lentils.
Seeds, nuts & dried fruit	Sesame seeds, cashew nuts, raisins, sultanas, prunes, figs, apricots
Fortified foods	Look at food labels to find those fortified with iron – cereals, bread, tinned pasta shapes
Cooking meals in cast iron	Evidence has shown that using pots and pans made of cast iron in cooking can increase the amount of iron in the food.

*Although liver is rich in iron, it should not be eaten if you are or may become pregnant, due to its high Vitamin A content

To increase absorption of iron:

Iron absorption is increased when Vitamin C is included with meals. Ensure that you have vegetables, fruit or fruit juice (especially citrus) at mealtimes. Avoid drinking tea or coffee with your meal, as this decreases iron absorption.

To meet iron requirements, the following points of iron should be taken daily:

1 point = 1 mg iron

	<u>Points/mg iron required</u>
<u>Males</u>	
11-18 years	11
19+ years	9
<u>Females</u>	
11-50 years	15
50+ years	9

The following list of foods will help you check your intake. Check over a few days, as a single day may not represent your usual dietary intake.

The foods are per 50g (2oz) unless otherwise stated.

Food	Iron points
*Liver, cooked (100g, fried)	7
Liver pate	3
Roast beef	1
Lamb (100g)	2
Chicken breast (100g)	0.5
Boiled egg, 1	1
Sardines canned in tomato sauce	2
Salmon (canned 50g)	1
Pilchards in tomato sauce (small can, 225g)	5
Tuna (canned)	1
Wholemeal bread (per slice)	1
1 Naan (160g)	2.5
Chapatti (55g)	1
Special K (per 30g serving)	3
2 Weetabix (per 40g serving)	5
Bran Flakes (per 30g serving)	4
All Bran (per 40g serving)	4
Baked beans (small can, 150g)	2
Frozen peas	1
Green & Brown Lentils	1.5
Red Lentils	1.5
Chickpeas (canned)	1
Blackeye Beans	1
Mung Beans	0.5
Dark green leafy vegetables, cooked	1
Raisins (30g)	2
Figs	4
Dried apricots (3)	1
tinned pasta in tomato sauce (125g tin)	1
Tofu	0.5
Peanuts, plain unsalted	1
Sesame seeds (1 tablespoon)	1
Cashew Nuts	3
Bombay Mix	2

*Although liver is rich in iron, it should not be eaten if you are pregnant, due to its high Vitamin A content.

**Look at what you have eaten over a day and see how many points (mg/iron) you have achieved
..... points**

If your intake is low think about how you could increase it.