

IRON & NUTRITION



July, 2012



Iron, present in all cells of the human body, performs several vital functions in the human body including carrying oxygen from the lungs to the tissues in the form of hemoglobin. Iron deficiency is one of the most common nutritional deficiencies.

IRON NEEDS (mg per day)

Birth – 2mo	6mg
2 – 6mo	10mg
6 – 12mo	15mg
1 – 3 yrs.	15mg
3 – 12 yrs.	10mg
12 – 18 yrs.	18mg
Men 18 yrs.+	10mg
Women 1 – 55 yrs.	18mg
Women 55yrs. +	10mg

EXTRA TIPS TO INCREASE THE IRON ABSORBED FROM FOODS:

Cook in a cast iron skillet,
Drink water or fruit juice when eating foods or
Vitamins containing iron

Early signs of iron deficiency:

Irritability, apathy, distractibility,
Lower development scores, less responsive,
Low ferritin levels

Signs of severe deficiency:

Tiredness, poor endurance, lower cognitive function, lighter hair, flat taste buds, blue sclera (white part of eye), spoon shaped nails, low hemoglobin, anemia

FOODS & IRON CONTENT



MILK PRODUCTS:

Cows milk, cheese, ice cream	8oz	trace only
Infant formula	8oz	3.0mg

MEATS, POULTRY, FISH

Beef, hamburger	4oz	3.8mg
Beef, steak or roast	4oz	2.5mg
Chicken	¼ whole	2.3mg
Swordfish	4oz	1.5mg
Ham/pork	4oz	2.3mg
Tuna in oil	½ cup	2.1mg
Shrimp	4oz	3.5mg
Calf liver	4oz	16.1mg
Hot dog	1med	0.8mg
Eggs	1med	1.1mg

VEGETABLES:

Asparagus	½ cup	0.6mg
Baked beans w/ molasses	½ cup	2.4mg
Broccoli	½ cup	0.6mg
Carrots	½ cup	0.5mg
Corn	½ cup	0.5mg
Cucumber	½ small	0.5mg
Lima beans	½ cup	1.4mg
Mushrooms	¼ cup	0.6mg
Peas	½ cup	1.6mg
Spinach	½ cup	2.2mg

FRUITS / JUICES:

Apple juice	4oz	0.8mg
Tomato juice	4oz	1.1mg
Grape juice	4oz	0.4mg
Orange juice	4oz	0.1mg
Watermelon	4"x8"	2.1mg
Strawberries	½ cup	0.7mg
Grapes	½ cup	0.15mg
Oranges	1med	0.8mg
Peaches	½ cup	0.45mg

BREADS:

White bread	1 slice	0.6mg
Pizza, cheese	1 slice	0.7mg
Hard roll	1 roll	1.2mg
Cereal w/ iron	2 Tbsp.	2.0mg
Cream of wheat	½ cup	1.0mg
Oatmeal	½ cup	0.7mg
Macaroni / noodles, enriched	½ cup	0.7mg