



IRON AND ANEMIA

Client Name _____
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What is iron-deficiency anemia?

Iron is a necessary nutrient for building and maintaining healthy blood. It is important in the diet because it has a role in making hemoglobin, part of the red blood cell, which supplies oxygen to the body. Without enough iron in their diet, people can develop iron-deficiency anemia. Symptoms of iron-deficiency anemia include reduced energy and endurance, loss of appetite, temperature irregularities, and dizziness or confusion.

Why do I need this diet?

The foods you eat are the body's best source of iron. Many foods contain iron. Here are some examples of iron-rich foods:

Proteins: Beef, pork, chicken, tuna fish, egg yolk, liver, clams, oysters, sardines, beans, tofu

Fruits and vegetables: Spinach, dried apricots, raisins, dried peaches, prunes, turnip greens, beet greens, chard, potato, squash, peas, broccoli, green beans, romaine lettuce, kale, bok choy, pumpkin, figs

Breads and cereals: Iron-fortified cereals (read labels), oatmeal, enriched wheat bread, barley, enriched rice, wheat germ, enriched spaghetti

Other foods: Sunflower seeds, peanuts, peanut butter, pumpkin seeds, pine nuts, cashews, blackstrap molasses

Helpful Hints

- Your body absorbs iron from animal foods more easily than from plant foods or supplements.
- To help your body better absorb iron in plant foods or supplements, include a source of vitamin C with your meal. Citrus fruit or juice, tomatoes, broccoli, melons, strawberries, and most deep-colored fruits and vegetables are foods high in vitamin C.
- Allow at least one hour between eating iron-rich food and taking coffee, tea, or calcium supplements. These substances prevent your body from absorbing iron.
- Select a variety of food from all food groups and include at least one iron-rich food daily.

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