

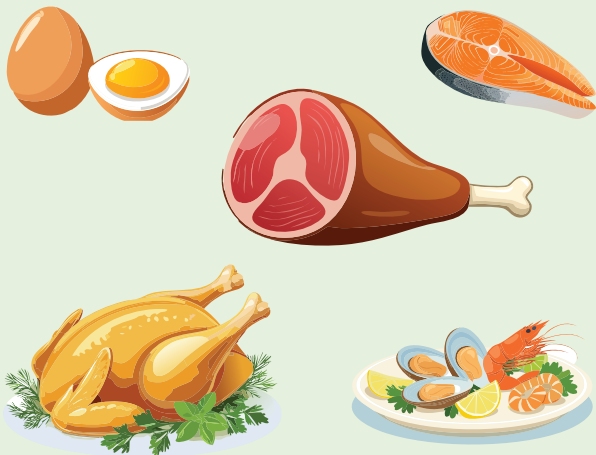
Iron in Diet

Iron is important for making red blood cells, which carry oxygen around the body.

Low iron levels in the blood can lead to tiredness, breathlessness, increased infections and eventually cause iron-deficiency anaemia.

Iron is found in both animal and plant-based foods.

Animal Based



Red meat, poultry, offal, liver pate* or fish pate, fish, shellfish and egg yolk

Plant Based



Beans, pulses, soya products, green vegetables, nuts, seeds, dried fruits, fortified cereal and grains

Iron Recommended Daily Intake

Children	Adolescents Aged 11-18 years	Adults Aged over 18 years
Aged 1-3 years 6.9 mg		
Aged 7-10 years 8.7 mg	Menstruating 14.8 mg	Menstruating 14.8 mg
Aged 4-6 years 6.1 mg	Non-menstruating 11.3 mg	Non-menstruating 8.7mg

Meal Ideas

Breakfast

- Fortified breakfast cereal + raisins = 5.5 mg
- Hard boiled egg + white toast + fruit = 1.6 mg
- Baked beans + wholemeal toast = 2.8 mg



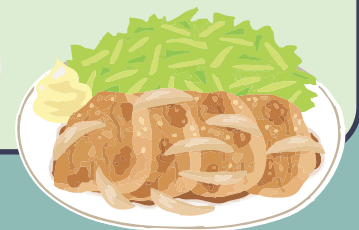
Lunch

- Sardines in tomato sauce + 2 wholemeal toast = 4.5 mg
- Chicken liver pate* + 2 white bread = 5.7 mg
- Lentil soup + white roll = 4.9 mg



Dinner

- Chilli con carne = 2.4 mg
- Cottage/ Shepherd's pie = 2.2 mg
- Red lentil curry = 6.5 mg



Useful tips

- Consuming meat/fish/eggs at the same time as plant-based iron sources (for example cabbage, spinach) can increase the absorption of the plant-based iron
- Vitamin C helps absorb dietary iron
- Vitamin C rich foods: broccoli, peppers, brussels sprouts, oranges, strawberries, pineapple, grapefruit and orange/ grapefruit/ lemon/ lime juice. This is useful for vegetarian/ vegan diets since plant-based iron sources are less easily absorbed
- Note: vitamin C can be easily destroyed when vegetables are stored or cooked for too long
- Tea/coffee contain tannins, which reduce iron absorption - aim to leave 30 - 60mins between cups of tea/coffee and iron containing foods
- * Liver and liver products are not recommended for pregnant women because of its high Vitamin A content

