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Iron Fact Sheet

Iron is needed for healthy blood and muscles. It allows body cells to use energy from food. The amount of iron you need depends on your age, sex, and the amount you have stored in your body.

A well balanced diet that includes iron-rich foods should provide enough iron for most people. Older people often develop iron deficiency anemia due to an overall decrease in their food intake. Changes in the body's ability to use iron efficiently can also contribute to this problem. Did you know:

- Drinking tea can decrease the amount of iron absorbed from foods eaten at the same meal.
- Some foods like eggs, spinach, enriched breads, rice and pasta have iron but it is not easily absorbed by your body.
- To minimize the amount of iron lost from cooking, use as little water as possible; save water after cooking, meats and vegetables to use in soups and sauces.
- Vitamin C increases the ability of your body to use iron. At a meal, combine a food from the Iron Sources chart on the back of this page with a good source of vitamin C for best iron value! Some foods that contain vitamin C are:

Oranges and their juice
Grapefruit and their juice
Lemonade
Strawberries
Cantaloupe
Spinach

Kale
Turnip greens
Bell peppers
Tomato
Cabbage
Potatoes

Cauliflower
Broccoli
Mustard green
Turnips
Rutabagas
Sweet potatoes



Best, Good, and Fair Sources of Iron are Listed Below. Meat, Poultry and Seafood and foods that contain a lot of Vitamin C increase the ability of your body to use iron from other food eaten at the same time:



<u>Meat, Poultry,</u>	<u>Grains</u>	<u>Dry Beans, Nuts, Seeds</u>	<u>Vegetables</u>	<u>Fruits</u>
<u>Seafood</u>	-	-	-	-
		Best Source		
Pork Liver Lamb Liver Beef Liver Chicken Liver Kidney Clams Oysters		***To Boost the Iron Value of Plant Sources of Iron, Eat them with Meat, Fish, Poultry, or a Good Source of Vitamin C***		
		Good Source		
Lean Beef Lean Pork Veal Sardines Shrimp Venison Lamb	Buc Wheats Corn Total Country Corn Flakes Cream of Wheat Kellogg's Concentrate Kix Malt-o-Meal Most Post Fortified Oat Flakes Cereal Total Any other cereal containing 45% of the RDA for iron	Soy Beans Mung Beans Garbanzo Beans (Chick Peas) Pinto Beans (Calico) Navy Beans Green Peas Kidney Beans Lentils	Spinach	Prune Juice Dried Apricots
		Fair Source		
Turkey Chicken Tuna Salmon Haddock, Cod, etc.	Fortified cereals which have 25% or more of the RDA for Iron. Check the label ~Wheat Germ ~Whole Grains ~Bran ~Enriched Bread	Blackeyed Peas Soy Bean Curd (Tofu) Pumpkin and Squash seeds Sesame Seeds Nuts, Peanuts, Peanut Butter, Walnuts, Pecans	Swiss Chard, Kale Greens-Mustard, Beet, Collards, New Zealand Spinach Tomato Juice, Coriander Broccoli, Brussel Sprouts Bean Sprouts, Potato, Eggplant, Tomato	Dried Peaches, Raisins, Prunes, Dates, Water- melon, Strawberries, Figs, Raspberries, Blueberries, Blackberries, Apple Juice, Dried Apple, Banana, Mango.