

MINING IRON WITH YOUR FORK

WHY IRON?

Every cell in your body needs iron! Iron puts the red in red blood cells and helps those cells take life-giving oxygen from the lungs to the rest of the body. Iron also helps the body release energy, grow, and fight infections.

WHAT IS ANEMIA?

Your body stores iron in the liver, the spleen, and in the bone marrow. If your iron supply runs low, you may tire easily. That is because your body is not getting as much oxygen as it needs. This is called anemia.

ARE YOU AT RISK?

Anemia is most common in women and children. Women and teenage girls need more iron than men because of menstrual losses. Children and pregnant women need extra iron for building new tissue.

TIPS FOR INCREASING IRON IN YOUR DIET

- Eat plenty of foods that contain iron (see the list below).
- Eat food with iron and foods with vitamin C, (citrus fruits, tomatoes, potatoes, or cabbage), at the same meal. Vitamin C helps your body use iron.
- Eat a small amount of meat with vegetables that are good sources of iron. The protein in meat, fish, and poultry helps your body absorb more iron.
- Use iron pots and pans. They can increase the amount of iron in the food, especially when you use them to cook foods that have more acid in them, such as tomatoes.
- Don't drink tea, coffee, or soft drinks or eat chocolate with foods that have iron. They can decrease iron absorption.
- Read labels. Look for the words "enriched" and "fortified with iron" on breads and cereals.

SOME FOODS WITH IRON

Meat and Beans

	<u>serving size</u>	<u>iron</u>
Pork liver	3 ounces	15.0 mg
Clams-cooked, moist heat	10 small	12.6 mg
Soybeans	1 cup	8.8 mg
Beef liver	3 ounces	5.7 mg
Oysters-cooked, moist heat	6 medium	5.6 mg
Beans-pinto, lima, kidney, navy	1 cup	4.5 mg
Peanuts	½ cup	3.3 mg
Lean ground beef	3 ounces	2.1 mg
Chicken (dark meat)	3 ounces	2.1 mg
Eggs	2	2.0 mg
Pork or ham	3 ounces	1.2 mg
Light tuna	3 ounces	1.2 mg

Grains

Total, Product 19	1 ounce	7.8 mg
Kix, 40% Bran Flakes	1 ounce	7.7 mg
Cheerios, Raisin Bran	1 ounce	3.8 mg
Rice, white	½ cup	1.5 mg
Macaroni (spaghetti or noodles)	½ cup	1.0 mg
Bread (whole wheat or enriched)	1 slice	0.8 mg

<u>Vegetables</u>	<u>serving size</u>	<u>iron</u>
Green peas	½ cup	1.3 mg
Collards	½ cup	0.9 mg
Broccoli	½ cup	0.9 mg
Green beans	½ cup	0.6 mg
Corn	½ cup	0.5 mg
<u>Fruits</u>		
Cooked prunes	½ cup	1.2 mg
Raisins	2 Tbsp	0.4 mg
Pear	1	0.4 mg
Apricots	2	0.4 mg
Blackberries	½ cup	0.4 mg

HOW MUCH IRON DO YOU NEED EVERY DAY?

Recommended Dietary Allowances (RDA)

Infants (13-20 pounds)	6-10 mg
Children (1-10)	10 mg
Men (ages 11-18)	12 mg
Men (ages 19-51 and over)	10 mg
Women (ages 11-51)	15 mg
Women (over 51)	10 mg
Pregnant women	30 mg
Lactating women	15 mg

**Source: *Recommended Dietary Allowances*, 10th Edition, National Academy Press, 1989.

WHAT CAN YOU DO?

By eating a variety of foods which include foods high in iron, you can help prevent anemia. IF you are anemic, your doctor may want to give you extra iron and may prescribe an iron pill. A pregnant woman may also need iron for herself and her developing baby. Always check with you doctor before taking any iron pills.

HEARTY MEAT LOAF

Beef has iron, but is also can have lots of fat and cholesterol. To keep the iron and cut down on the fat, combine a little lean beef (such as ground top round) with vegetables and grains.

15 ounces Tomato sauce	1 cup Bread crumbs
¼ cup Water	1 Egg or 2 egg whites
2 tbsp Mustard	1 onion, medium
1 tbsp Vinegar	¼ tsp Black pepper
1 lb Ground Beef (lean)	

Combine tomato sauce, water, mustard, and vinegar. Mix beef with bread crumbs, egg, chopped onion, pepper, and ¼ of the tomato sauce mixture. Shape into a loaf pan. Pour enough sauce over the top of the meat loaf to coat. Bake at 350 degrees for one hour. Warm remaining sauce; server over sliced meat loaf.

Per serving: 295 calories, 13.1 g fat, 3.94 mg iron, 81.6 mg cholesterol, 873 mg sodium, 27.6 g protein.

