

# Increasing Iron in Your Diet



Iron is essential for the production of 'oxygen-carrying' haemoglobin in red blood cells.

## Symptoms of Iron Deficiency anaemia

- Pale skin
- Excessive tiredness or fatigue
- Breathlessness
- Decrease in attention span

<b>Iron Requirements</b>		
The recommended daily intake (RDI) of iron for Australians is:-		
<b>Adolescents:</b>		
Male	9 – 13yrs	8mg
Male	14 -18yrs	11mg
Female	9 – 13yrs	8mg
Female	14 -18yrs	15mg
<b>Men:</b>		
	18+	8mg
<b>Women</b>		
	19 – 50yrs	18mg
	50+	8mg
Pregnant	(2 <sup>nd</sup> / 3 <sup>rd</sup> ) Trimester	27mg
Lactation (non menstruating)	14 – 18yrs	10mg
	19 – 50yrs	9mg
Lactation (menstruating)	14 – 18yrs	20mg
	19 – 50yrs	19mg

**The best sources of iron are from animal foods** such as beef, lamb, pork, chicken and fish. These foods contain a type of iron (**haem iron**) which is more easily absorbed.

Mussels, 100g	9.4-14.9mg
Kidney, liver 100g	7.0-11.0mg
Beef, lean 100g	2.5-3.6mg
Oysters, ½ doz	3.5mg
Lamb 100g	2.0-3.4mg
Turkey, leg/thigh 100g	2.1mg
Tuna (canned) 100g	0.8-1.3mg
Chicken, pork 100g	1.0-1.2mg
Salmon (canned ) 100g	1.0-1.2mg
Fish, fresh 100g average	0.4-0.9mg
Chicken/ turkey breast	0.6-0.8mg
Devon, 1 slice (25g)	0.6mg

**Plant foods contain non-haem iron** which is not as well-absorbed. The absorption of iron from plant foods can be enhanced by eating them with a vitamin C rich food or with a food containing haem iron.

<b>Plant Sources of Iron:</b>	<b>mg</b>
Fruit (1medium)	0.5
Avocado ½	0.5
Broccoli 2 average florets	0.5
Tomato (1 medium)	0.5
Rolled oats (1 serve)	0.5
Vegetable (1 serve)	0.5
Almonds 30g	0.9-1.2
Mixed Nuts 30g	0.8
Corn Chips 50g	1.1-1.3
Sultanas 30g	0.6
Tofu 100g	1.2
Chocolate, milk 60g	0.9-1.0
Fortified Fruit Juice 200ml	1.2 nil listed
Fruit cake 60g	0.6-1.6
Sesame Bar 40g	1.4
Cashews 30g	1.5-1.9
Multigrain bread (2 slices)	1.1-1.4
Green leafy vegetables (½ cup)	2.0
Legumes/ beans (½ cup)	2.0
Dried apricots 50g	1.5
Wholemeal bread (2 slices)	1.4-2.0
Brewers yeast, dry 1 table spoon	2.5
Baked beans ½ cup	3.0
Milo/ Ovaltine 3 heaped teaspoons	3.0
Fortified breakfast cereal ¾ cup e.g. Special K, Uncle Toby's Fibre Max	3.0
Fortified white bread 70g (2 slices)	4.2
Carob bar 75g	5.0
Dried figs 50g	0.7
Chocolate, dark 60g	2.6

### **Vitamin C Rich Foods**

Tomato  
 Capsicum  
 Citrus fruits and juices  
 Berries – strawberries, blackberries, raspberries  
 Kiwi fruit

**Iron supplements** may have been prescribed for you but should not be taken indefinitely unless advised by your doctor or dietitian.

### **Other factors which reduce absorption of Iron**

- Tannins in tea: avoid drinking tea within 1 hour after an iron rich meal
- Unprocessed bran
- Antacids – reduce the acidity of the gut therefore less iron is absorbed.

### **Contact Details**

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