

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

Iron Requirements		
The recommended daily intake (RDI) of iron for Australians is:-		
Adolescents:		
Male	9 – 13yrs	8mg
Male	14 -18yrs	11mg
Female	9 – 13yrs	8mg
Female	14 -18yrs	15mg
Men:		
	18+	8mg
Women		
	19 – 50yrs	18mg
	50+	8mg
Pregnant	(2 nd / 3 rd) 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.

Plant Sources of Iron:	mg
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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