

Iron is essential for red blood cell development. Menstruating-age women, chronic dieters, and individuals consuming poorly balanced diets are particularly susceptible to iron deficiency. Symptoms of this condition include paleness, fatigue, weakness, headaches, and heart palpitations.

The preferred method for preventing and correcting iron deficiency is increasing iron rich foods in the diet. The iron in plant foods is generally not as well absorbed as the iron in animal products. To improve absorption from plant foods, include a vitamin C rich food such as citrus fruits, tomatoes, kiwi, melons, dark green vegetables or red and green bell peppers during iron rich meals. For example, put a 1/2 cup of sliced tomatoes in a bean burrito. Use of cast iron cookware can add substantial amounts of iron in a diet. On the other hand, coffee or tea at a meal can bind iron and make much of it unavailable to the body.

The Recommended Dietary Allowance (RDA) for iron is 18 mg. for women, and 8 mg. for men.

IRON SOURCES

| Meat, Fish or Poultry (3 oz. cooked unless otherwise stated) | Mg | Legumes (1 cup cooked unless otherwise stated) | Mg |
|--|-----------|--|-----------|
| Clams, 9 small | 11.0 | Tofu, Firm, 1/2 cup | 1-13 |
| Oysters, 6 | 5.4 | Soybeans | 8.0 |
| Beef loin | 3.0 | Tofu, Reg, 1/2 cup | 1-7 |
| Shrimp, boiled | 2.7 | White Beans | 6.6 |
| Hamburger | 2.3 | Lentils | 6.6 |
| Turkey, dark meat | 2.0 | Kidney Beans | 5.0 |
| Lamb | 1.5 | Refried Beans | 4.5 |
| Tuna, canned in water | 1.2 | Peas, Blackeye | 4.3 |
| Chicken, Dark meat | 1.2 | Soy yogurt, plain | 2.7 |
| Ham | 1.2 | Peas, split | 2.5 |
| Chicken, Light meat | 1.0 | Soymilk, 8 oz. | 1.5 |

(Cont. on Back)



Nuts and Seeds

(High in fat)

| | |
|----------------------------|-----|
| Pumpkin seeds, 2 oz. | 8.4 |
| Sesame seeds, 2 oz. | 4.4 |
| Cashews, 2 oz. | 3.4 |
| Sesame butter (Tahini) 2 T | 2.8 |
| Sunflower seeds, 2 oz. | 2.2 |
| Almonds, 2 oz. | 2.0 |
| Peanuts, 2 oz. | 1.2 |
| Peanut Butter, 2 T | 0.6 |

Vegetables

(1 cup cooked unless otherwise stated)

| | |
|------------------------------|-----|
| Spinach, fresh | 6.0 |
| Swiss chard | 4.0 |
| Spinach, frozen | 3.0 |
| Turnip greens | 3.2 |
| Potato, baked w/ skin | 2.8 |
| Tomato juice cocktail, 1 cup | 2.2 |
| Broccoli | 1.8 |
| Bok choy | 1.8 |
| Chinese cabbage | 1.7 |
| Artichokes, 1 med. | 1.6 |
| Green peas, frozen | 1.5 |
| Collard greens | 1.5 |
| Kale | 1.2 |

Mg**Grains and Cereal**

| | |
|--------------------------------------|------|
| 100% Fortified cereals, ready to eat | 15.0 |
| Cream of Wheat, 3/4 cup cooked | 9.0 |
| Oatmeal, enriched, 3/4 cup cooked | 8.1 |
| Whole wheat bread, 2 sl | 1.7 |
| Wheat germ, 2 T | 1.3 |

Mg**Fruits**

| | |
|-----------------------|-----|
| Peach halves, 5 dried | 2.6 |
| Figs, 5 dried | 2.1 |
| Mango, fresh, 1 cup | 2.1 |
| Apricot halves, 10 | 1.6 |
| Prune juice, 1/2 cup | 1.5 |
| Prunes, 5 large dried | 1.2 |
| Raisins, 1/3 cup | 1.0 |

Mg**Others**

| | |
|---------------------------|-----|
| Instant Breakfast, 1 pkg. | 4.5 |
| Molasses, blackstrap, 1 T | 3.2 |
| Torula yeast, 1/2 oz. | 2.7 |
| Brewers yeast, 1 T | 2.5 |
| Egg, 1 large | 1.0 |

Mg