



## Pumping Up Your Iron Intake

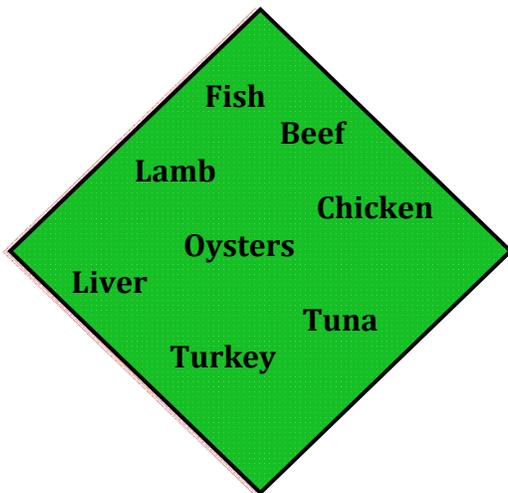
Children and adolescents have the greatest need for iron

**What is Iron?** Iron is a mineral that your body must have to carry oxygen to the rest of your body

### IRON IN YOUR DIET COMES FROM TWO SOURCES:

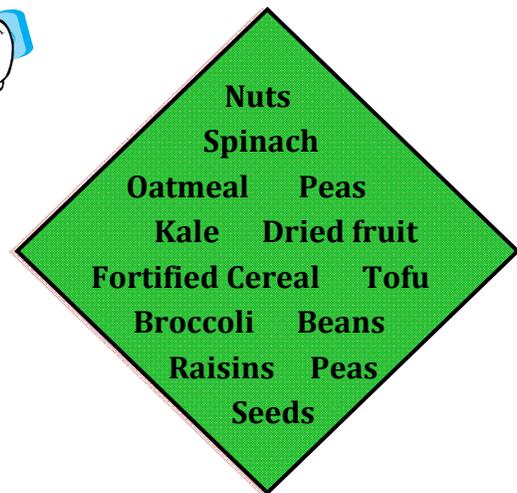
#### 1) Animal Iron

This type of iron is more easily absorbed and used by your body



#### 2) Plant Iron

Your body can use plant iron better if you eat it with a food that has Vitamin C, like citrus fruits, green peppers, strawberries, tomatoes, and potatoes



#### How Much Iron Does My Child Need?

	Females	Males
<b>Infant/Child 0-10 yrs</b>	6-10 mg /day	6-10 mg /day
<b>Adolescents 11-18 yrs</b>	15 mg /day	12 mg /day

#### Foods with Iron: Add it Up!

	Iron (mg)
Oysters (3 oz)	13.2 mg
Cream of Wheat (1/2 cup)	7.8 mg
Beef liver, braised (3 oz)	5.8 mg
Kidney, lima, navy, black, pinto, soybeans, and lentils (1 cup)	5.0 mg
Fortified breakfast cereal (1 cup)*	4.5-18 mg
Pumpkin seeds (1 oz)	4.2 mg
Prunes/Pitted Plums (1 cup)	3.8 mg
Walnuts (1/2 cup)	3.7 mg
Blackstrap molasses (1 Tb)	3.5 mg
Lean sirloin or ground beef (3 oz)	3.0 mg
Chickpeas/Garbanzo beans (1/2 cup)	3.0 mg
Bran (1/2 cup)	3.0 mg
Raisins (1/2 cup)	2.5 mg
Spinach, boiled (1/2 cup)	2.4 mg
Tofu, firm (1/2 cup)	2.0 mg
Oatmeal, cooked (1 cup)	1.7 mg
Enriched rice, cooked (1/2 cup)	1.4 mg
Egg (1)	1.0 mg
Whole wheat bread (1 slice)	0.9 mg
Peanut butter, chunky (2 Tbs)	0.6 mg



#### Tips To Help Improve Iron Absorption:

- Include a source of Vitamin C with meals
- Remember that iron from raw food is easier for your body to use than from cooked food
- Milk and caffeine can make it harder for your body to use iron, so try to eat a lot of foods with iron at separate times
- If your doctor prescribes iron supplements, take them on an empty stomach or with orange juice to increase absorption

\* Amount varies. Read the nutrition label.

(Raisin Bran, Total, Life, & Cheerios are well fortified)

**\*To schedule an appointment with a Registered Dietician, please call MGH Ambulatory Nutrition Services at 617-726-2729**