



Real Life Nutrition, Inc.

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IRON FACTS

- You need iron in your diet to help build healthy red blood cells. These cells carry life-giving oxygen to every part of the body.
- If you don't have enough iron in your blood, you may have pale or dry skin, feel weak or tired, have shortness of breath or feel a loss of appetite.
- Iron is found in small amounts in many foods. Therefore, it may be hard for some people to get enough iron from foods to prevent anemia or "tired blood". The best way to be sure you are getting enough iron is to eat a well balanced diet.

GOOD SOURCES OF IRON:

Beef 3mg, liver, organ meats, liverwurst, poultry (particularly dark meat) 2mg, veal, pork 1mg, fish and shellfish 1mg, dried beans and peas 1-3mg, oysters 1mg, and iron fortified cereals 9-18mg, Prune Juice 3mg, spinach 3mg, Spaghetti 2mg

Note: Check food labels. Look for cereals that contain 15% or more of the Daily Value (DV) for iron.

FAIR SOURCES OF IRON:

Broccoli, dried fruit, greens, nuts, potato with skin, prune juice, sardines, seeds, spinach, watermelon, and winter squash.

VITAMIN C RICH FOOD SOURCES:

Asparagus, bell pepper, broccoli, cabbage, cantaloupe, cauliflower, grapefruit, green chile, greens, oranges, picante sauce, potatoes, strawberries, tangerines, tomatoes, and turnips