

Prepared For:		Date:	
Prepared By:		Contact:	

Iron Deficiency Anemia Nutrition Therapy

Iron helps carry oxygen throughout your body. If you are not eating enough iron-rich foods in your diet, you may feel tired and run-down.

How Much Iron Do You Need?

The amount of iron you need each day is measured in milligrams (mg). The general recommendations for healthy people are:

- Women (ages 19-50 years): 18 mg iron per day
- Women (ages 19-50 years): 27 mg if pregnant; 9 mg if breastfeeding
- Men (ages 19 years and older): 8 mg iron per day
- Older women (ages 51 years and older): 8 mg iron per day

Tips

Tips for Adding Iron to Your Eating Plan

- Iron from meat, fish, and poultry is better absorbed than iron from plants.
- Include foods high in vitamin C such as citrus juice and fruits, melons, dark green leafy vegetables, and potatoes with your meals. This may help your body absorb more iron.
- Eat enriched or fortified grain products.
- Limit coffee and tea at meal times so as not to decrease iron absorption.
- Some cereals contain 18 mg iron per serving (such as Total, 100% bran flakes, GrapeNuts, and Product 19). Having $\frac{3}{4}$ cup of your preference will ensure your daily iron intake.

Foods Recommended

Foods with at Least 2 mg Iron Per Serving

Food	Serving Size
Beef, veal	3 ounces
Clams, oysters, shrimp, sardines	3 ounces
Bran flakes	$\frac{3}{4}$ cup
Cream of wheat	$\frac{1}{2}$ cup
Oatmeal (fortified)	$\frac{3}{4}$ cup
Baked potato, with skin	1
Dried beans, cooked (kidney, lentils, lima, navy)	$\frac{1}{2}$ cup
Soybeans	$\frac{1}{2}$ cup
Tofu	$\frac{1}{2}$ cup
Spinach	1 cup
Dried prunes	4 pieces

Foods with 1 to 2 mg Iron per Serving

Food	Serving Size
Poultry	3 ounces
Cooked kale	1 cup
Dried apricots	7 halves
Raisins	5 tablespoons
Whole wheat bread	1 slice
Nuts: cashews, brazil nuts, walnuts	1 ounce

Iron Deficiency Anemia Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> 1 serving citrus fruit 3/4 cup raisin bran cereal 1 egg 1 slice whole-wheat toast 1 tsp margarine
Lunch	<ul style="list-style-type: none"> 3 oz tuna fish 2 slices whole-grain bread 1/2 cup carrots 1 medium apple 1 tsp mayonnaise 1/2 cup low-fat or nonfat milk
Afternoon Snack	<ul style="list-style-type: none"> 1 cup nonfat yogurt 1/2 cup grapes 1 pear
Evening Meal	<ul style="list-style-type: none"> 3 oz chicken 1 medium baked potato, with skin 1.5 cups mixed salad 1 tsp olive oil and vinegar dressing 1/2 cup low-fat or nonfat milk

Iron Deficiency Anemia Vegan Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> 1 cup fortified bran cereal with raisins 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D 1/2 cup strawberries
Morning Snack	<ul style="list-style-type: none"> 2 tablespoons walnuts
Lunch	<ul style="list-style-type: none"> 1 cup kidney beans 1/2 cup sweet potatoes, mashed 1/2 tablespoon margarine, soft, tub 1 cup raw broccoli 1 orange
Afternoon Snack	<ul style="list-style-type: none"> 3 apricots, dried 11 almonds
Evening Meal	<ul style="list-style-type: none"> Stir-fry made with: 1 cup tofu 1 cup brown rice 1 cup spinach, cooked 1/4 cup coconut milk 1 tablespoon peanut butter

Iron Deficiency Anemia Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	1 cup fortified bran cereal with raisins 1 cup 1% milk 1 hardboiled egg ½ cup strawberries
Morning Snack	11 almonds 1 small box raisins
Lunch	2 slices whole wheat bread 1 black bean burger 1 cup spinach, raw 1 teaspoon olive oil 1 orange
Afternoon Snack	1 cup low-fat vanilla yogurt 15 grapes 2 tablespoons walnuts
Evening Meal	Rice bowl made with: 1 cup chickpeas ½ cup brown rice 1 sweet potato, boiled 1 cup tomatoes, canned 1 cup kale, sautéed 2 teaspoons sunflower oil Squeeze lime juice

Notes

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High-Iron Foods List

How Much Iron Do You Need?

The amount of iron you need each day is measured in milligrams (mg). The general recommendations for healthy people are:

- Women (19-50 years): 18 mg iron per day.
- Women (19-50 years): 27 mg if pregnant; 9 mg if breastfeeding.
- Men (19 years and older): 8 mg iron per day.
- Older women (51 years and older): 8 mg iron per day.

Foods Recommended

Food	Amount	Iron (mg)
100% iron-fortified ready-to-eat cereal	¾ cup	18
Grits, instant	½ cup	7.1
Cream of wheat	½ cup	5.2
Oatmeal, instant	½ cup	5
Soybeans, cooked	½ cup	4.4
White beans, canned	½ cup	3.9
Lentils	½ cup	3.3
White rice	1/3 cup	3
Spinach	½ cup cooked, 1 cup raw	3
Beef tenderloin	3 oz	3
Baked beans	1/3 cup	3
Vegetable or soy burger	1 patty	2.9
Soy milk	1 cup (8 oz)	2.7
Chickpeas	½ cup	2.5
Kidney beans	½ cup	2.5
Sardines	3 oz	2.5
Nuts: almonds or pistachios	¼ cup	1.3
Brussels sprouts, cooked	½ cup	1
Egg	1 whole	1

Notes