



All About Iron for Women and Children

If you are a woman in the child-bearing years and/or the parent of a young child, you need to pay special attention to iron. Studies show that women and children are prone to developing low iron stores and iron deficiency. What's more, women who are pregnant, vegetarian or into regular endurance activities such as running are at even higher risk of having poor iron health.

Iron Basics

Iron in the form of hemoglobin is essential for carrying oxygen to all body cells. A lack of it can lead to iron deficiency anemia with some serious health effects. In women, iron deficiency leads to persistent colds, intense tiredness, pale skin, heavy menstrual losses, poor concentration and sometimes a craving for non-food items such as ice or cornstarch. Iron deficiency during pregnancy can lead to an early delivery and low birth weight. In infants and children, iron deficiency leaves children tired and can affect intelligence, delay development and cause behavioural problems. So how much iron do women and young children need? Read on for the details.

The Recommended Dietary Allowance (RDA) for Iron

The amount of iron you need to get from food daily is listed as the RDA for iron. This is a new recommendation and is higher than previous recommendations.

Food Sources of Iron

The iron in food comes in two forms:

- HEME iron, found only in meat, fish and poultry. It is the form of iron that is well absorbed. Its absorption is not affected by other foods in your diet. Since vegetarians do not eat these foods they often have more difficulty meeting iron needs.
- NON HEME iron is found in foods such as eggs, whole grains, seeds and legumes. This type of iron is harder for your body to use because its absorption is affected by other foods in your diet. See the tips on the back of this handout to increase the usefulness of non heme iron.

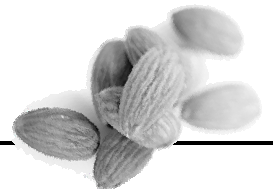
RDA FOR IRON	
Age Years	Iron Needed Daily (milligrams)
Children (girls & boys)	
1-3	7
4-8	10
Girls & Women	
9-13	8
14-18*	15
19-30**	18
31-50	18
51+	8
Pregnancy	27
Breastfeeding	
< 18	10
19-50	9

* Vegetarians need 26 mg
** Vegetarians need 33 mg

TOP CHOICES FOR IRON

- ♦ Red meat – beef, lamb, liver*, kidney*
- ♦ Clams, oysters
- ♦ Beans, lentils, split peas
- ♦ Enriched, ready-to-eat breakfast cereal
- ♦ Enriched pasta products
- ♦ Black strap molasses
- ♦ Other meats, poultry, fish
- ♦ Prune juice
- ♦ Dried fruit – apricots, figs, raisins
- ♦ Nuts – almonds, brazil nuts, cashews, hazelnuts, peanuts
- ♦ Seeds – pumpkin, squash, sesame
- ♦ Egg
- ♦ Whole wheat bread

* Not recommended during pregnancy



FACT SHEET
www.pdhu.on.ca



No Iron Here

Dark green vegetables such as spinach, swiss chard and beet greens contain iron but it is not of much value to you because it is bound up with other dietary substances such as oxalate and polyphenols. Go ahead and enjoy these foods because they are good for you for many other reasons – just don't count on them for iron!

Tips for Getting the Most Iron from Foods

Increase the non heme iron you absorb from foods by:

- including a food rich in vitamin C at every meal. Ideas: any juice, a citrus fruit (orange or grapefruit), cantaloupe or other melon, strawberries, broccoli, pepper, potato
- including some meat, poultry and fish – a factor in these foods promotes the absorption of the non heme iron
- including one iron containing food and one food that increases iron absorption (vitamin C source or meat) at each meal. See “High Iron Combos”
- avoiding coffee and tea for one hour after eating. Coffee reduces iron absorption by 35% and tea cuts it by 60%
- using iron-enriched pasta. Many imported brands are not enriched



High Iron Combos

Try some of these higher iron combos to keep your iron intake healthy.

Breakfast Ideas

- ✓ Enriched ready-to-eat breakfast cereal topped with dried fruit and ½ grapefruit*
- ✓ Poached egg, 2 slices whole wheat toast and ½ cup orange juice*

Lunch Ideas

- ✓ Roast beef sandwiches on whole wheat bread and green pepper strips*
- ✓ Split pea soup, whole wheat bun and ½ melon*

* All these foods are sources of vitamin C

Dinner Ideas

- ✓ Enriched pasta with meat sauce and broccoli*
- ✓ Baked beans with lean ham and whole grain toast and tomato juice*

Snack Ideas

- ✓ Nuts with an orange*
- ✓ Peanut butter sandwich whole wheat bread with juice*



To supplement or not?

Iron supplements are non heme iron and are best absorbed when taken along with a meal that contains some meat, fish, poultry and a food containing vitamin C. Smaller doses, as found in multivitamin preparations are usually tolerated well. Be aware however that higher doses of iron (over 45 mg) may cause nausea, constipation or diarrhea. Always take extra care to keep iron supplements out of the reach of young children. Iron supplements are a common cause of accidental poisoning in the home.

What about the men in your life?

Men need less iron than women throughout life. From age nine on, they need just eight milligrams daily except for the rapid growth years between ages 14-18 when the RDA jumps to 11 mg daily.

