

Sample 1-Day Menu

Breakfast	Item	Iron (mg)
	1 small orange	0.2
	¾ cup Total Raisin Bran cereal	18
	1 egg	1
	1 slice whole wheat toast	1
	1 teaspoon butter or margarine	
	1 cup fat-free or low-fat milk	<0.1
Lunch	1 cup tuna salad	2
	2 slices whole wheat bread	2
	½ cup carrots	0.5
	1 medium apple	0.3
	½ cup orange juice (fortified with calcium and vitamin D)	0.1
Dinner	3 oz baked chicken breast	1.1
	1 medium Russet potato baked with skin with ¼ cup shredded cheddar cheese	2.1
	1 ½ cups mixed salad (includes 1 cup spinach) with ¼ cup dried cranberries	3.1
	1 teaspoon olive oil and vinegar dressing	
Snack	½ cup low fat yogurt with 1.5 ounces trail mix (contains nuts, seeds, chocolate chips)	1.49
Totals		32.89

REFERENCES

1. National Institutes of Health, Office of Dietary Supplement, Dietary Supplement Fact Sheet: Iron, <http://dietary-supplements.info.nih.gov/factsheets/iron.asp>; accessed March 26, 2013.
2. U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory Home Page, <http://ndb.nal.usda.gov/>; accessed March 26, 2013.
3. American Academy of Nutrition and Dietetics, Nutrition Care Manual, "Iron Deficiency Anemia Nutrition Therapy" and "Iron Content of Foods," <http://nutritioncaremanual.org/>; accessed March 26, 2013.
4. Institute of Medicine. Dietary Reference Intakes. The National Academies Press, Washington, D.C. 2006.
5. The Cook's Thesaurus. <http://foodsubs.com/>; accessed March 26, 2013.

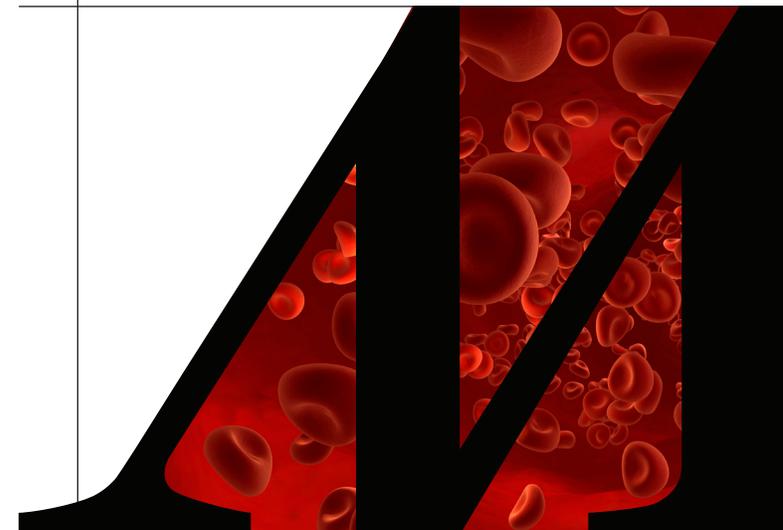


6565 Fannin St.
Houston, TX 77030
713.441.6000
houstonmethodist.org

HMH-HMDCVJ-BR001-0515

HOUSTON METHODIST HOSPITAL

IRON DEFICIENCY ANEMIA NUTRITION THERAPY



Nutrition Therapy

WHAT IS IRON?

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

WHICH FOODS HAVE IRON?

There are two types of iron in foods: heme iron and nonheme iron.

Heme Iron: iron from animal sources like meat, poultry and fish

Nonheme Iron: iron from plant sources like whole grains, eggs, lentils, dried beans and peas, leafy greens (collard, turnip and mustard greens, kale, Swiss chard), nuts, seeds, dried fruit (apricots, dates, figs, prunes, raisins), and fortified cereals

*Note: Nonheme iron sources are not as easily absorbed by our bodies.

TIPS FOR BETTER ABSORPTION OF NONHEME IRON SOURCES

- Consume nonheme iron sources with a source of vitamin C.
- Sources of vitamin C: Citrus fruits, citrus fruit juices, dried cranberries, strawberries, kiwi, melons, papaya, cauliflower, broccoli, dark leafy green vegetables including kale, tomatoes, asparagus, bell peppers, squash, and potatoes (both sweet potatoes and regular potatoes)



- Consume heme iron sources with nonheme iron sources (i.e. chicken breast with side of asparagus).
- Potatoes and leafy greens (nonheme iron sources) contain a moderate amount of iron and are high in vitamin C. Combining them at a meal with steak (heme iron source) would provide about 2 to 3 mg of heme iron and about 4 to 5 mg of nonheme iron (total of 6 to 8 mg of iron) with about 23 mg of vitamin C.
- Coffee and tea may decrease iron absorption so drink it before or after your meal and don't take your multivitamin at the same time.

TIPS FOR ADDING IRON TO YOUR EATING PLAN

1. Eat lean meat, fish, and poultry regularly – at least three times per week
2. Eat enriched grain products and fortified cereals
3. Add dried beans, peas, and lentils along with vegetables high in vitamin C to soups and casseroles
4. Add dried fruits to cereals and salads (for example, add raisins to oatmeal or dried cranberries to salads)
5. Add dried fruits in baking
6. Sprinkle wheat germ on cereal or use in baking or preparing casseroles

HEME IRON

Food	Serving Size	Iron (mg)
Beef, veal	3 oz	3
Beef, ground	3 oz	2.2
Beef tenderloin	3 oz	3
Turkey, dark meat	3 oz	2
Fish, halibut	½ filet	1.8
Chicken, leg meat	3 oz	1.7
Chicken, breast	3 oz	1.1
Tuna salad	1 cup	2
Scallops	6	2

Other sources of heme iron: clams, crabs, shrimp, lamb, pork, liver, oysters, sardines

NONHEME IRON

Food	Serving Size	Iron (mg)
100% iron-fortified whole grain cereal (Total, Bran Flakes, Grape-nuts)	¾ cup	18
Cheerios	1 cup	9.5
Grits, instant	½ cup	7.1
Bagel	1 four-inch diameter	5.4
Cream of Wheat	½ cup	5.2
Oatmeal, instant	½ cup	5
Seeds, pumpkin	1 oz	4.2
Baked beans	1/3 cup	3
Spinach	½ cup cooked, 1 cup raw	3
Asparagus	6 spears	2
Trail Mix (nuts, seeds, chocolate chip)	½ cup	2.5
Vegetable/soy burger	1 patty	2.9
Potato, baked with skin	1 medium	1.9
Egg, substitute, liquid	¼ cup	1.3
Egg, whole	1 large	1

Other sources of nonheme iron: beans, peas, lentils, rice, soy milk, pumpkin, noodles, greens (collard, turnip, mustard, kale, swiss chard), mushrooms, fortified bread products, whole wheat bread, tomatoes, tofu, wheat germ, nuts, seeds