Iron Enriched Foods

Why is iron important to your health?

Iron is an important nutrient for your body and it is found in the food we eat. Iron is important for your mental and physical health and to keep your energy levels up. Iron helps keep your immune system healthy. Your immune system helps you fight off infections.

What happens if you don't get enough iron?

If the amount of iron in your body is low, you can become iron deficient. Over time, low iron levels can mean that your body makes fewer healthy red blood cells. If low iron is not treated there can be long-term consequences for your health.

What are some symptoms of iron deficiency?

- Fatigue and tiredness
- Shortness of breath
- Depression
- Hair loss
- Brittle nails
- Frequent headaches
- Difficulty focusing

Please see your doctor if you have any of these symptoms.

Iron Rich-Foods

You can reduce your risk of low iron by eating iron-rich foods including:

- Red meat
- Pork
- Poultry
- Seafood
- Eggs
- Beans
- Dark green leafy vegetables, such as spinach
- Dried fruit, such as raisins and apricots
- Iron-fortified cereals, breads and pastas
- Peas
- Tofu
- Brown Rice

Try to combine iron-rich foods with vitamin C (for example, a glass of orange juice) to help your body take in the iron.

How much iron do I need per day?

Generally, men and women should receive about 10 mg of iron daily. Menstruating or nursing women need 15 mg and pregnant women need 30 mg daily.

Additional Resources:
- Mayo Clinic (http://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/)