



Anemia is a condition where your body lacks healthy red blood cells or is low in hemoglobin, the molecule in blood cells that carries oxygen. Iron deficiency is a common cause of anemia. An increased iron requirement is required when the body is going through changes such as growth spurts in children.

Symptoms:

People with anemia may often feel tired, paleness of skin, irritability, cold, dizzy, have trouble concentrating or desire to eat peculiar substances such as ice or dirt.

Recommended Daily Iron Intake

Age	Milligrams
Birth - 6 mo.	0.3 mg
7 - 12 mo.	11
1 - 3 yr	7
4 - 8 yr	10
9 - 13 yr	8
14 - 18 yr	15 females, 11 males

Vitamin C Helps to Absorb Iron Foods rich in Vitamin C:

Fruits

citrus (oranges, grapefruits), strawberries, cantaloupe, kiwi

Veggies

broccoli, asparagus, bell peppers, cauliflower, potatoes, spinach

Iron Rich Foods

Veggies:

Spinach, okra, sweet potatoes, white potatoes, winter squash

Beans & Legumes:

Dried peas, dried beans, lentils, chickpeas, tofu, soybeans

Grains:

Iron-fortified whole grain breads and cereals, quinoa

Seafood:

Clams, shrimp, oysters, sardines, anchovies

Meat:

Chicken, turkey, lean beef, veal, pork, lamb, liver

Others:

Dark chocolate (>62% cacao), nutritional yeast, mixed seeds, almonds, molasses, spices (basil, thyme, cumin, mint, turmeric)



Tips to Increase Intake and Absorption:

- Enjoy a number of iron-rich foods from the table on the left. Aim for at least one at each meal.
- Check the nutrition label on breakfast cereals. Choose brands that have at least 30% of the Recommended Daily Value for iron.
- Add beans to soups, stews or casseroles.
- Have pasta with tomato sauce instead of cream sauce
- Add dried fruit to cereal or your favorite baked good recipe.
- Combine vitamin C-rich foods with iron-rich foods to help increase absorption.
- Avoid eating large amounts of calcium with iron-rich foods. It's okay to have milk or dairy but try to have it at a different meal.
- Use a cast iron skillet for cooking.
- Add blackstrap molasses to baked goods to increase iron content.