

## IRON RICH FOODS

The **Recommended Daily Allowances** of iron for women 11-50 years old is: 18 mgs. Women who are pregnant require 18 + mgs plus iron supplements. Women 51+ years require 10 mgs.

Follow these simple instructions when taking iron supplements:

- \*Take the iron as long as it is prescribed.
- \*Take the iron with orange juice on as empty of a stomach as possible. Iron may stain your teeth if taken with water. Iron doesn't absorb very well with food and the vitamin C will help transport it across into the blood stream.
- \*Iron will cause mild constipation and the color of the stool will be black.
- \*Some iron supplements may cause a stomach upset (this means it is working so don't stop taking it). If it is intolerable to continue on an empty stomach you may take it with food. It is better to get some absorption than none at all.
- \*Some over-the-counter brands are **FERRETS, NIFEREX 150 and SLOW FE.**
- \*You may also cook from an iron skillet, some of the flecks will fall into the food and be absorbed naturally.
- \*Following are some great resources of food that can be eaten:

FOOD	SERVING SIZE	Mgs/serv
<b>*HIGH-IRON FOODS</b>		
**Beef liver, scallops, shrimp, kidney, lamb, veal	Cooked 3 oz.	<b>5-8 mgs</b>
**Raw oysters, roast beef, eggs 2 large, hamberger	Cooked 3 oz.	<b>2.1-4 mgs</b>
canned tuna, canned sardines, cooked soybeans, lima beans,		
**Almonds ½ cup chopped, ham 3 oz., peanut butter 4 Tbsp,		<b>0-2 mgs</b>
cooked chicken or turkey 3 oz., ovaltine ½ cup, molasses 2 tbsp.		
 <b>*FRUITS 1.5-4.0 mg</b>		
Dried apricots 4, Raisins ½ cup, Prune juice ½ cup, 2 Fig newtons, Watermelon 6'' x 1 ½''		
 <b>*VEGETABLES 1-3.5 mg</b>		
½ cup cooked		
Spinach, Peas, Acorn squash, brussels sprouts, dandelion greens, broccoli, sweet potatoes, pork and beans, beet greens, mustard greens, chard, tomato paste, tomato puree,		
Tomato juice	1 cup	
 <b>*BREADS AND CEREALS</b>		
Total, Product 19	1 oz.	<b>18-19 mgs</b>
Life, 40% Bran Flakes, Kix,	1 oz.	<b>7-8 mgs</b>
Cream of Wheat/oatmeal instant	¾ cup	<b>7.7 mgs</b>