

NUTRIFAX[©]

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Iron

Iron is a mineral that functions primarily as a carrier of oxygen in the body, both as a part of hemoglobin in the blood and of myoglobin in the muscles.

Growth spurts, pregnancy, menstrual losses and excessive blood losses increase the demand for iron. A good food source contributes at least ten percent of the U.S. Recommended Daily Allowance (RDA) in a selected serving size.

Eating a variety of foods that contain iron as part of a balanced diet is the best way to meet your individual needs.

RDA FOR IRON:

Women ages 19-50 years ... 15 milligrams per day
Men ages 25-50 years 10 milligrams per day

HOW DO WE USE IRON?

The ability of the body to use iron from different foods varies.

Iron in meat, poultry, and fish is absorbed and utilized more readily than iron in other foods. Presence of Vitamin C in a meal, such as orange juice or spinach, increases absorption of iron. The body can adjust its absorption of iron according to its needs.

Iron deficiency anemia is an indication of poor iron status. In high doses iron can be toxic, particularly in children.

**Food and Nutrition Services
can assist in providing nutrition information.
Call 703-813-4800 and ask for
a Registered Dietitian.**

What Are Good Sources of Iron?

Food	Selected Serving Size	Percentage of U.S. RDA ¹
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS (ENRICHED)		
Bagel, plain, pumpernickel, whole-wheat	1 medium	+
Ready-to-eat cereals, fortified	1 ounce	++
Muffin, bran	1 medium	+
Noodles, cooked	1 cup	+
Pita bread.....	1 small.....	+
Pretzel, soft	1	+
Rice, cooked	2/3 cup	+
FRUITS		
Apricots, dried, cooked, Unsweetened	½ cup	+
VEGETABLES		
Beans, lima, cooked.....	½ cup	+
Spinach, cooked.....	½ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry:		
Beef:		
Ground; extra lean, regular, baked or broiled.....	1 patty	+
Pot roast, braised, lean only	3 ounces	+
Steak; baked, broiled, or braised; lean only	3 ounces	+
Stew meat, simmered lean only.....	3 ounces	+
Liver, Braised:		
Beef	3 ounces	++
Calf	3 ounces	+
Pork	3 ounces	+++
Chicken or turkey.....	½ cup diced.....	++
Turkey, dark meat, roasted without skin.....	3 ounces	+
Fish and Seafood:		
Clams; steamed, boiled or canned; drained	3 ounces	+++
Oysters:		
Baked, broiled, or steamed	3 ounces	++
Canned, undrained.....	3 ounces	++
Dry Beans, Peas, Lentils, Nuts and Seeds:		
Beans; garbanzo beans, red kidney, or white; cooked.....	½ cup	+
Pine nuts	2 tablespoons.....	+
Soybeans, cooked.....	½ cup	+
¹ Selected serving size listed contains:		
+	10-24 percent of the U.S. RDA for adults and children over 4 years of age	
++	25-39 percent of the U.S. RDA for adults and children over 4 years of age	
+++	40 percent or more of the U.S. RDA for adults and children over 4 years of age	

