

Iron Rich foods

What is iron?

Iron is an essential mineral which is found in various foods. Iron is a part of hemoglobin in your blood which carries oxygen from the lungs to every cell in the body. If you do not consume enough iron in your diet, the iron stores in your body can become too low and the red blood cells are not able to carry as much oxygen to your cells. This in turn can cause you to feel weak and tired, impairing your ability to perform as an athlete.

There are two types of iron:

- **Heme iron:** Found in animal products including red meat, fish, and poultry.
- **Non-heme iron:** Found in plant based products including grains, nuts, beans, legumes, fruits, and vegetables.

Iron Tips:

- If you do not consume animal products, you will need to eat twice as much non-heme iron containing foods. See the list on the next page.
- Non-heme iron is better absorbed with vitamin C. Vitamin sources include:

Broccoli	Cantaloupe	Brussel sprouts
Green/red peppers	Strawberries	Tomatoes/Tomato juice
Cabbage	Potatoes	Citrus fruits and juices

- Tea and coffee contain a compound that decreases iron absorption. To avoid this, do not have tea and coffee with meals. Consume them at least one hour prior to iron rich meal.

How much iron do I need in my diet?

Gender	Age	Amount required each day
Males	14-18 years	11 mg
	19 years and over	8 mg
Females	14-18 years	15 mg
	19-50 years	18 mg

Heme iron souces

Food item	Serving size (ounces)	Amount of iron (mg)
*Beef, chuck, lean	3.0	3.2
Beef, corned	3.5	1.9
Beef, eye of round, roasted	3.0	2.2
*Beef, flank	3.5	3.3
Beef, lean ground; 10% fat	3.0	3.9
Beef, liver	3.0	7.5
*Beef, round	3.5	3.1
Beef, tenderloin, roasted	3.0	3.0
Chicken, breast, roasted,	3.0	1.1
Chicken, leg, meat only, roasted	3.5	1.3
Chicken, liver	3.5	12.8
Chicken, thigh w/ bone	2.3	1.2
Clams, breaded, fried,	$\frac{3}{4}$ cup	3.0
Cod, broiled	3.0	0.4
Flounder, baked	3.0	0.3
Oysters, breaded and fried	6 pieces	4.5
*Pork, lean ham	3.5	1.5
*Pork, loin chop	3.0	1.2
Salmon, pink canned	3.0	0.7
Shrimp, mixed species, cooked	4 large	0.7
Tuna, canned in water	3.0	0.8
Turkey, dark meat	3.5	2.3
Turkey, white meat	3.5	1.6

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Non-heme iron sources

Food item	Serving size (oz)	Amount of iron (mg)
Almonds, raw, whole	10-12	0.7
Apricots, dried, med.-size	10	1.7
Bagel	1 whole	1.5
Baked beans, canned	½ cup	2.0
Black beans, boiled	1 cup	3.6
Bread, whole wheat and white enriched	2 slices	1.8
Broccoli, cooked	½ cup	0.6
Broccoli, raw	1 stalk	1.1
Dates	10 each	1.6
Kidney beans, boiled	1 cup	5.2
Lentils, boiled	1 cup	6.6
Macaroni, enriched, cooked	1 cup	1.9
Molasses, blackstrap	1 tbsp.	3.5
Oatmeal, fortified instant, prepared	1 cup	10.0
Peas, frozen and prepared	½ cup	1.3
Pinto beans, boiled	1 cup	3.6
Raisins, seedless packed	½ cup	1.5
Rice, brown, cooked	1 cup	1.0
Rice, white enriched, cooked	1 cup	1.8
Soybeans, boiled	1 cup	8.8
Spaghetti, enriched, cooked	1 cup	1.6
Spinach, cooked (boiled, drained)	½ cup	3.2
Tofu, raw, firm	½ cup	3.4

Information taken from: "Dietary Supplement Fact Sheet: Iron." Office of Dietary Supplements. National Institutes of Health.

• **Label Reading**

- Look at the percent daily value for iron
- The daily value for iron is based on 8 mg
- Example:
 - 10% of 8 mg is .8 mg
 - 30% is of 8 mg is 2.4 mg
- High iron sources will be 20% or greater
- Low iron sources will be 5% or lower

Nutrition Facts	
Serving Size (1g) Serving Per Container 2	
Amount Per Serving	
Calories 210	
	% Daily Values*
Total Fat 8g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 0g	0%
Dietary Fiber 12g	48%
Sugars 10g	
Protein 11g	22%
Vitamin A 40%	● Vitamin C 194%
Calcium 5%	● Iron 27%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

• **How much iron are you getting?**

- Amount of iron from heme sources _____
- Amount of iron from non-heme sources _____
- Amount of iron from supplements _____
- **Total** _____

Reference your 'After Visit Summary' from this visit to make sure you meet your iron intake goals each day!