

Iron & Anemia Guide

Iron deficiency is one of the most common nutritional deficiencies in women. The risk is increased in dieters who do not eat well balanced meals. Chronic shortage of iron leads to anemia. Women between 11 and 50 years of age are at greater risk because of the monthly loss of menstrual blood. Pregnancy, growth, and endurance sports also demand extra iron.

Most people can obtain adequate iron from their diet. A wide variety of animal and plant foods contain iron. Iron supplements are only recommended for women with heavy menstrual blood losses or during pregnancy, endurance athletes with low blood ferritin and for person with diagnosed anemia. While the approximately 5 mg of iron in most multivitamins/mineral supplements is safe for most people, large amounts can be toxic.

Recommended Daily Iron Intake

Infants	0-6 months Breastfed	0.5 mg
	0-6 months Bottledfed	3 mg
	6-12 months	11 mg
Children	1-11 years	7-10 mg
Males	12-18 years	11 mg
	19 + years	8 mg
Females	12-18 years	15 mg
	19-50 years	18 mg
	51 + years	8 mg
Pregnancy		27 mg
Breast Feeding		12-16 mg

Anemia reduces the amount of oxygen carried in the blood. The body tissues become starved of oxygen. Some symptoms include (other medical conditions may also cause similar symptoms, check with your doctor to be sure):

- Pale skin; brittle fingernails
- Excessive tiredness or fatigue
- Breathlessness
- Feeling of malaise and irritability
- Always feel cold
- Decrease in attention span

Examples of Foods High in Iron

Multi-Bran Chex	1 cup 2 oz	16 mg
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Peter Pan Plus Peanut Butter	2 Tbsp	4.5 mg
Pumpkin Kernels	1 oz dry, hulled	4.2 mg
Carnation Instant Breakfast	10 oz	4.5 mg