

## IRON-RICH FOODS

### SYMPTOMS OF IRON DEFICIENCY

- Dizziness
- Brain fog
- Loss of appetite
- Constipation
- Headaches
- Irritability

Iron is the most common nutritional deficiency, as per The Centres for Disease Control and Prevention. The good news is that it is very possible to acquire this fundamental nutrient from food.

The National Institute for Health lists the average **daily goal for iron** intake from foods and supplements:

- 13.7–15.1 mg/day in children aged 2–11 years
- 16.3 mg/day in children and teens aged 12–19 years
- 19.3–20.5 mg/day in men and 17.0–18.9 mg/day in women older than 19
- Pregnancy requirements: 30 mg. The median **dietary iron intake** in pregnant women is 14.7 mg/day

### Foods that provide .5 to 1.5 milligrams of iron:

- Chicken, 3 ounces
- Green peas, 1/2 cup
- Tomato juice, 6 ounces
- Broccoli, 1/2 cup
- Brussels sprouts, 1/2 cup cooked
- Dried apricots, 5 halves
- Raspberries, 1 cup
- Strawberries, 1 cup
- Pistachios, 1 ounce, 1.1 mg
- Raisins, 1/4 cup, 1.1 mg

### Foods that provide 1.6 to 3 milligrams of iron:

- Sirloin steak, 3 ounces
- Roast beef, 3 ounces
- Lean hamburger, 3 ounces
- Baked potato with skin
- Kidney beans, 1/2 cup cooked
- Lima beans, 1/2 cup cooked
- Navy beans, 1/2 cup cooked
- Oatmeal, 1 cup cooked
- Sardines, 1/4 cup, 1.8 mg
- Black beans, 1/2 cup, 1.8 mg

### Foods that provide 3 to 12 milligrams of iron:

- Clams, 4 large or 9 small
- Oysters, 6 medium
- Spinach, 1/2 cup cooked/3.2 mg

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- Spirulina, 1 ounce/8mg. iron
- Dark Chocolate, 1 ounce, 3.3 mg iron

**Additional sources of iron:**

- All kinds of liver (except fish) — once per week only
- Lean beef, veal, pork or lamb
- Greens, all kinds
- Beets
- Sauerkraut
- Tofu
- Lentils
- Unrefined sugars, such as molasses
- Apples, apricots
- Asparagus
- Chlorophyll, chlorella, spirulina

**Considerations:**

- |                                |                        |                    |
|--------------------------------|------------------------|--------------------|
| ▪ Floradix iron                | ▪ Brewer's yeast       | ▪ Cherry           |
| ▪ Blackstrap Molasses          | ▪ Raw spleen glandular | ▪ Dandelion        |
| ▪ B12 injections or sublingual | ▪ Vitamin A            | ▪ Pau d'arco       |
| ▪ Vitamin C                    | ▪ Alfalfa              | ▪ Red raspberry    |
|                                | ▪ Bilberry             | ▪ Shepherd's purse |
|                                |                        | ▪ Yellow Dock      |

Avoid taking iron at same time as fibre, as iron is carried off in the stool. Take fibre at another time of day.

<https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>  
<https://www.cdc.gov/mmwr/preview/mmwrhtml/00051880.htm>  
<https://draxe.com/top-10-iron-rich-foods/>  
[https://www.ucsfhealth.org/education/anemia\\_and\\_pregnancy/](https://www.ucsfhealth.org/education/anemia_and_pregnancy/)  
 Prescription for Nutritional Healing, Phyllis A. Balch, CNC2010 p 201

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