

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____



Iron-Rich Nutrition Therapy

Iron helps carry oxygen throughout your body. If you are not eating enough iron-rich foods in your diet, you may feel tired and run down.

How Much Iron Do You Need?

The amount of iron you need each day is measured in milligrams (mg). The general recommendations for healthy people are:

- Women (ages 19–50 years): 18 mg iron per day.
- Women (ages 19-50 years): 27 mg if pregnant; 9 mg if breastfeeding.
- Men (ages 19 years and older): 8 mg iron per day.
- Older women (ages 51+ years): 8 mg iron per day.

Tips for Adding Iron to Your Eating Plan

- Iron from meat, fish, and poultry is better absorbed than iron from plants.
- Include foods high in Vitamin C such as citrus juice and fruits, melons, dark green leafy vegetables, and potatoes with your meals. This may help your body absorb more iron.
- Eat enriched or fortified grain products.
- Limit coffee and tea at meal times so as not to decrease iron absorption.
- Some cereals contain 18 mg iron per serving (i.e., Total, 100% Bran Flakes, Grape-nuts and Product 19). Having $\frac{3}{4}$ cup of your preference will ensure your daily iron intake.

Recommended Foods

Foods with at Least 2 mg Iron per Serving

Food	Serving Size
Beef, veal	3 oz
Clams, oysters, shrimp, sardines	3 oz
Bran flakes	$\frac{3}{4}$ cup
Cream of Wheat	$\frac{1}{2}$ cup
Oatmeal (fortified)	$\frac{3}{4}$ cup
Baked potato, with skin	1
Dried beans, cooked (kidney, lentils, lima, navy)	$\frac{1}{2}$ cup
Soybeans	$\frac{1}{2}$ cup
Tofu	$\frac{1}{2}$ cup
Spinach	1 cup
Dried prunes	4 pieces

Foods with 1 to 2 mg Iron per Serving

Food	Serving Size
Poultry	3 oz
Corned beef	3 oz
Cooked kale	1 cup
Dried apricots	7 halves
Raisins	5 tablespoons
Whole wheat bread	1 slice
Nuts: cashews, brazil nuts, walnuts	1 oz

Sample 1-Day Menu

		mg of Iron
Breakfast	1 serving citrus fruit	
	¾ cup Total raisin bran cereal	18
	1 egg	
	1 slice whole wheat toast	1
	1 teaspoon margarine	
	1 cup fat-free or low-fat milk	
Lunch	3 ounces tuna fish	4
	2 slices whole grain bread	2
	½ cup carrots	0.5
	1 medium apple	0.3
	1 teaspoon mayonnaise	
	1 cup fat-free or low-fat milk	
Evening Meal	4 ounces chicken	1.2
	1 medium baked potato with skin	2.8
	1 ½ cups mixed salad	1.3
	1 tsp olive oil and vinegar dressing	
	½ cup fat-free or low-fat milk	
Snacks	1 cup fat-free yogurt, 2 different fruits	
Total:		31.1 mg

Notes:

Sample 1-Day Meal Plan

Use this form to develop an individualized meal plan.

Breakfast	
Lunch	
Dinner	
Snack	

Notes: