



*THIS ARTICLE IS BROUGHT TO YOU BY HANAN SALEH DIETITIAN  
WWW. THE FOOD EXPERT.COM.AU  
(UPDATED 7.1.10)*

## **IRON - ARE YOU GETTING ENOUGH?**

### **WHAT ARE THE STATS?**

- UP TO 40% OF FEMALES AGED 25-35R SUFFER SOME DEGREE OF IRON DEFICIENCY
- 1 IN 3 TODDLERS HAVE LOW IRON LEVELS

### **WHAT IS IRON DEFICIENCY ANAEMIA?**

ONCE OUR IRON STORES ARE DEPLETED, ANAEMIA OCCURS. THIS AFFECTS THE PRODUCTION OF RED BLOOD CELLS, SO THEY HAVE DIFFICULTY TRANSPORTING ENOUGH OXYGEN AROUND THE BODY. THIS OXYGEN IS USED TO BURN CARBOHYDRATE AND FATS, RELEASING THE ENERGY STORED INSIDE THOSE CELLS WHICH IS WHY WE CAN FEEL TIRED WHEN WE DON'T GET ENOUGH IRON

### **WHAT ARE THE SYMPTOMS?**

- FATIGUE
- FREQUENT COLDS & FLU
- POOR CONCENTRATION
- POOR CONDITON OF HAIR, SKIN & NAILS
- PALE SKIN
- WEAKNESS
- BREATHLESSNESS
- DEPRESSION
- LIVER DISEASE
- OSTEOPOROSIS

### **THERE ARE 2 TYPES OF IRON IN OUR FOOD**

1. HAEM IRON (ANIMAL PRODUCTS E.G MEAT, CHICKEN, FISH)
2. NO HAEM IRON (PLANT FOODS E.G SPINACH, NUTS, EGGS, TOFU)

## HOW MUCH DO I NEED?

MEN

WOMEN

CHILDREN

BABIES

## WHAT ARE SOME GOOD SOURCES OF IRON?

### HIGH (IN DESCENDING ORDER)

LIVER

RED MEAT

CHICKEN

FISH

MILK

NUTS

EGGS

TOFU

BAKED BEANS

### MODERATE

SPINACH

BROCCOLI

BEANS

LENTILS

PASTA

WHOLEGRAIN BREAD

RICE

### LOW

FRUITS/VEGETABLES

**IF YOU NEED FURTHER INFORMATION, BOOK IN FOR AN  
APPOINTMENT TODAY!**



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