

Prepared For:		Date:	
Prepared By:		Contact:	

Iron-Deficiency Anemia Nutrition Therapy

Iron helps blood carry oxygen throughout our bodies. When your body lacks iron, you may feel tired and run-down. It is important to include iron-rich foods in your child's eating plan and limit foods that make it harder for the body to absorb iron.

Tips

How Much Iron Does Your Child Need Each Day?

	milligrams (mg)
Infant, 0-6 months	0.27
Infant, 7-12 months	11
Child, 1-3 years	7
Child, 4-8 years	10

Child, 9-13 years	8
Male, 14-18 years	11
Female, 14-18 years	15
Pregnant and 18 years old or younger	27
Breastfeeding and 18 years old or younger	10

Foods Recommended

- Foods that provide iron include meat, chicken, and fish, as well as some vegetables, fruits, and grains. Our bodies absorb iron from meat, fish, and poultry better 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 child's meals. Vitamin C may help the body absorb more iron.
- Iron-enriched or fortified grain products are good sources of iron. Some cereals (such as Total, 100% bran flakes, Grape-Nuts, or Product 19) provide up to 18 mg of iron.

Foods with at least 2 mg iron per serving

Food	Serving Size
Beef, veal	3 ounces

Clams, oysters, shrimp, sardines	3 ounces
Bran flakes	3/4 cup
Cream of wheat	1/2 cup
Oatmeal (iron-fortified)	3/4 cup
Baked potato with skin	1
Dried beans, cooked (kidney, lentils, lima, navy)	1/2 cup
Soybeans	1/2 cup
Tofu	1/2 cup
Spinach	1 cup
Dried prunes	4 pieces
Reconstituted instant breakfast powder	1 cup

Foods with 1-2 mg iron per serving

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

Foods Not Recommended

Some foods make it harder for the body to absorb iron. To make sure your child gets enough iron:

- Limit the amount of dietary fiber he or she eats.
- Do not permit large amounts of tea or coffee with meals.
- Choose both animal and plant foods that contain iron. The body will absorb more iron from plant foods when they are eaten with meat, fish, or poultry.
- Limit your child to 24 ounces of milk or less, if he or she is between the ages of 1 and 5 years.

Notes