

Name:

Date:

Iron Deficiency Anemia

Iron-Rich Nutrition Therapy

What is Iron deficiency anemia?

Iron deficiency is one of the most common nutritional deficiencies.

Iron deficiency anemia is a condition in which blood lacks adequate healthy red blood cells that carry oxygen to the body's tissues. As the name implies, iron deficiency anemia is due to insufficient iron. Without enough iron, your body can't produce enough of a substance in red blood cells that enables them to carry oxygen (hemoglobin).

Risk Factors

Women	They lose blood during menstruation, and in general are at greater risk of iron deficiency anemia.
Infants and children	Infants, who don't get enough iron from breast milk or formula may be at risk of iron deficiency. Children need extra iron during growth spurts. If your child isn't eating a healthy, varied diet, he or she may be at risk of anemia.
Vegetarians.	People who don't eat meat may have a greater risk of iron deficiency anemia if they don't eat other iron-rich foods.
Frequent blood donors	People who routinely donate blood may have an increased risk of iron deficiency anemia since blood donation can deplete iron stores. Low hemoglobin related to blood donation may be a temporary problem remedied by eating more iron-rich foods.

Signs & symptoms of iron deficiency

- ❖ Extreme fatigue
- ❖ Pale skin, brittle nails
- ❖ Chest pain, fast heartbeat, shortness of breath
- ❖ Headache, dizziness or lightheadedness
- ❖ Cold hands and feet
- ❖ Inflammation of the tongue
- ❖ Unusual cravings for non-nutritive substances, such as ice, dirt or starch
- ❖ Poor appetite, especially in infants and children with iron deficiency anemia

Tips for adding Iron to your eating plan

1. Iron from meat, fish, and poultry is better absorbed than iron from plants.
2. Include foods high in vitamin C such as citrus juice and fruits, melon, dark green leafy vegetables with your meals. This may help your body absorb more iron.
3. Eat enriched or fortified grain products.
4. Limit coffee and tea at mealtimes so as not to decrease iron absorption.

Sources of Iron

Foods rich in iron include:

Animal Source



Red meat (Organ meat)
Pork
Poultry (Duck, Chicken)
Seafood (Sardine, Oysters,
Octopus, Shrimp)

Other:

Iron-fortified cereals, breads and pastas
Black strap molasses
Tomato paste
Sesame

Plant Sources



Dark green leafy vegetables
(Spinach)
Rocot, parsley, mioukchieh
Dried fruit, such as raisins,
figs and apricots
Beans, peas, lentils,
chickpeas, edamame
Avocado, potato + skin