

## IRON DEFICIENCY INFORMATION HANDOUT

### IRON:

- Natural and essential mineral found in foods
- Important in helping to carry oxygen throughout the body and in producing more red blood cells
- In infants, iron helps with the health development of the brain and in nerves
- Low iron levels leads to: paleness, low energy levels, iron deficiency or anemia
- Women are more prone than men to low levels due to menstrual cycle shedding

### ANEMIA:

- Condition that results from chronically low iron levels and affects how much oxygen is carried in your body
- Hemoglobin is the protein in blood cells that carry oxygen throughout the body
- Most common cause is not having enough iron which leads to not enough hemoglobin and not enough oxygen in your body

### Symptoms:

Occasionally some individuals may not display any symptoms, but they usually appear slow and gradual so a change in energy levels may not be noticed.

- Paleness
- Tiredness or excessive shortness of breath
- Cold hands and feet
- Headaches
- Dizziness
- Light headedness



**Diet:**

A lack of iron in the diet is the most common reason for low iron levels especially in children, there are two types of iron:

- Non Heme: derived from plant sources
- Heme: usually derived from animal sources

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Although our bodies absorb **heme iron much more easily than non-heme iron**, increase the consumption of vitamin C assists in the non-heme absorption levels.

HEME SOURCES	NON HEME SOURCES	VITAMIN C SOURCES
<ul style="list-style-type: none"> <li>• ground meats, chicken, duck, turkey beef, pork, veal lamb, livers, kidneys</li> <li>• mackerel, trout, bass, tuna, oysters, octopus, clams, sardines, crab, shrimp, scallops</li> </ul>	<ul style="list-style-type: none"> <li>• lentils, beans, pumpkin or squash seeds, soybeans, nuts without the shell</li> <li>• tempeh or fermented soy, tofu, spinach, kale, snow peas, tomatos, turnip and beet greens</li> </ul>	<ul style="list-style-type: none"> <li>• cantaloupe, citrus fruits and juices, kiwi, pineapples, papaya, strawberries, raspberries</li> <li>• red/yellow peppers, broccoli, brussell sprouts, kale, rapini, potato, bok choy, sweet potato, asparagus</li> </ul>

