

SOURCES OF IRON

Clams (3 oz)	23.8mg
Tofu, firm (1/2 cup)	13.2mg
Cream of Wheat (1 cup)	9.0mg
Soybeans (boiled - 1 cup)	8.8mg
Liver, chicken, cooked (3.5 oz)	8.5mg
White beans, canned (1 cup)	7.8mg
Liver, beef, cooked (3.5 oz)	6.8mg
Lentils (boiled - 1 cup)	6.6mg
Tofu, raw (1/2 cup)	6.6mg
Oysters, canned (3 oz)	5.7mg
Fortified breakfast cereal (1/2 cup)	4.5mg
Pumpkin/Squash seeds (roasted - 1 oz)	4.2mg
Sesame seeds, whole, toasted (1 oz)	4.2mg
Chickpeas, canned (1 cup)	3.2mg
Red kidney beans, canned (1 cup)	3.1mg
Prune Juice (8 oz)	3.0mg
Beef, ground, extra lean broiled (3.5 oz)	2.7mg
Turkey, dark meat, no skin (3.5 oz)	2.3mg
Steak, rib-eye, broiled (3.5 oz)	2.3mg
Lima beans, canned (1/2 cup)	2.2mg
Shrimp, canned (3 oz)	2.3mg
Macaroni, enriched, cooked (1 cup)	2.0mg
Pistachios, dried (1 oz)	1.9mg
Wheat germ (1/4 cup)	1.8mg
Cashews, roasted (1 oz)	1.7mg
Pumpkin, canned (1/2 cup)	1.7mg
Canned beets (1/2 cup)	1.5mg
Ham, lean, roasted (3.5 oz)	1.5mg
Sunflower seeds, dried (1 oz)	1.4mg
Tuna, canned in water, light (3 oz)	1.3mg
Bran muffin, from mix (1)	1.3mg
Chicken, skinless drk mt, roasted,(3.5 oz)	1.3mg
Perch, baked (3 oz)	1.0mg
Pumpernickel bread (1)	0.9mg
Whole wheat bread (1)	0.9mg
Halibut, baked (3 oz)	0.9mg
White bread (1)	0.8mg
Dried apricots (5)	0.8mg
Sardines, canned (2)	0.7mg
Pink Salmon, with bone, canned (1 cup)	0.7mg
Peaches, canned in juice (1 cup)	0.7mg

Questions

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IRON: WHAT IS IT AND WHY IS IT IMPORTANT?



 **WINDSOR
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OUTSTANDING CARE – NO EXCEPTIONS!

IRON IS IMPORTANT

When you have an operation where you may lose blood iron from a healthy diet and supplements in the form of pills are very important.

Iron a building block for red blood cells, can help your body deal with the stress of your operation and help to speed your recovery.

WHAT IS IRON?

Iron is an essential mineral found in all cells of your body.

WHAT DOES IRON DO?

Almost 2/3 of all Iron is found in the hemoglobin molecules of the red blood cells. Red blood cells carry oxygen from your lungs to cells in all parts of your body. The oxygen is then used to produce energy. The energy helps cells in your body work, so you can move, think, grow, breathe and your heart can beat. Without enough iron you can become very tired, pale looking and irritable. You may also have difficulty concentrating, learning and you may suffer shortness of breath.

WHAT IS AN IRON RICH DIET?

Iron rich diets provide you with foods that are high in iron and foods that help your body use iron.

HEME AND NON-HEME IRON

Food contains iron in two forms: heme and non-heme. Your body better uses/absorbs heme iron more easily than non-heme iron foods. Heme iron is found in meat, fish and poultry. Non-heme is found in beans, grains, nuts and some fruits and vegetables.

WHAT CAN I DO TO GET THE IRON FROM MY FOOD?:

Eat heme iron food

Eating foods that contain heme iron (meat, fish and poultry) helps your body to absorb non-heme iron from other foods

Eat foods high in vitamin c with your meals

Foods that contain Vitamin C help your body use non-heme iron more efficiently. Foods that are good sources of Vitamin C are: peppers, oranges, grapefruits, mandarins, strawberries, raspberries, kiwis, tomatoes, turnips, cauliflower, broccoli, brussel sprouts and 100% juices - orange, tomato, apple with Vitamin C added.

Avoid having tea or coffee With your meals

These beverages contain oxalates and may affect iron absorption from your diet. If you are taking an iron supplement take it at least one hour before or after consuming these products.

SUGGESTIONS FOR DIET PLANNING:

- Include at least one iron-rich food and one food rich in Vitamin C at each meal
- Try adding cooked beans or lentils to soups, stews and casseroles
- Choose dark green and orange vegetables and fruits more often. For example choose spinach instead of lettuce for salad
- Have spaghetti with tomato meat sauce rather than a cream sauce
- Choose dried fruit as a snack more often
- Try adding raisins or other dried fruit to cereal or in your favorite cookie/muffin recipe
- Try having a glass of orange juice with your cereal at breakfast

IRON SUPPLEMENTS

Which supplements should I take?

There are many iron supplements available such as Ferrous Gluconate, Ferrous Sulphate and Ferrous Fumarate. All can be purchased without a prescription. Discuss which one is best for you with your doctor and/or pharmacist. These products contain different amounts of elemental iron. Some medications may interfere with iron absorption (i.e., Maalox, antacids). Your pharmacist can advise which supplement may be best in your situation.

How do I take iron?

You may follow the package instructions or consult with your family doctor for instructions. Iron is best taken on an empty stomach, one hour before or two hours after meals with a full glass of water.

Iron may upset your stomach, if so you may find it easier to tolerate taken with food or after meals. Foods rich in calcium can also interfere with iron absorption. Do not eat calcium rich foods at the same time as iron rich foods. Examples of food rich in calcium are: eggs, milk, cheese and yogurt (dairy products). Drinking coffee or tea with a meal or within 1 hour after a meal may decrease iron absorption. Antacids and medications prescribed and taken for Gastro-Esophageal Reflux Disease (GERD) may also interfere with the absorption of salts.

What are the side effects of iron?

When taking iron supplements, minor side effects are common, especially the first few days as your body adjusts; an example of a side effect is constipation. You may consider taking iron with prune juice which is an iron rich natural laxative. If the side effects continue to bother you, talk to your doctor or pharmacist regarding some options which may reduce side effects.