



Iron

Iron is a mineral that helps transport oxygen throughout your body. There are two different types of iron:

Heme Iron well absorbed **Non Heme Iron** poorly absorbed



pair non heme with vitamin C food source to increase absorption



CHAT WITH ME!

Have any questions concerning food, nutrition & overall health? Feel free to email me on mmhardy@stfx.ca for any inquiries

DINING HACK

Maximize iron intake at Meal hall:

High heme iron:

- Chili
- Chicken stir fry
- Any dish with beef

High non heme iron with vitamin C:

- Tofu and pepper stir fry
- Spinach salad with pumpkin seeds + orange on the side
- Lentil or bean dishes
- Omelet with tomatoes and peppers

Signs and symptoms of iron deficiency or anemia:

- Reduced work capacity
- Fatiguing early in a training session
- Fatigue/weakness
- Cold extremities
- Low mood
- Shortness of breath
- Lightheadedness or headaches
- Pale skin
- Dark circles under your eyes

Increased risk for iron deficiency:

- Endurance athletes
- Vegetarians
- Menstruating females
- People with gastrointestinal disorders
- Not consuming enough calories
- Pregnancy

How much Iron do we need?

Male > 19yrs 8mg
 Female > 19yrs 18mg
 Pregnancy 27mg
 Vegetarian female > 19 yrs 32mg
 Vegetarian male > 19 yrs 14mg

Food- HEME IRON	Serving	Iron (mg)	Food- NON HEME IRON	Serving	Iron (mg)
Moose liver	3.5oz	23mg	Pumpkin seeds	¼ cup	4.65mg
Liver pate	1 tbsp	1.21mg	Spinach, boiled	1 cup	6.79mg
Chicken liver	3.5oz	11.63mg	Spinach, raw	1 cup	0.86mg
Mussels	~½ cup	6.72mg	Edamame beans	½ cup	2.38mg
Oysters	6 raw	4.86mg	80% dark chocolate	2/3 cup	11.9mg
Oysters, canned	~½ cup	7.05mg	Eggs	2 eggs	1.39mg
Clams, canned	~½ cup	3.31mg	Lentils	1 cup	6.97mg
Beef, ground	~½ cup	1.95mg	Chickpeas	½ cup	2.5mg
Chicken, ground	~½ cup	0.7mg	Black beans	½ cup	1.91mg
Chicken breast	3.5oz	1mg	Instant oats, cooked	1 pack	4.45mg
Tuna, canned	~½ cup	1.33mg	Quinoa, cooked	½ cup	1.46mg
Sardines, canned	1 can	3.10mg	Cheerios, dry	1 cup	4.88mg
Venison, roasted	3.5oz	4.47mg	Corn flakes, dry	1 cup	5.48mg
Turkey, ground	~½ cup	1.08mg	Tofu, silken firm	1 cup	3.12mg
Pork, ground	~1/2 cup	1.62mg	Textured vegetable protein	¼ cup (dry)	3mg
Chicken hearts	~1/2 cup	7mg	Kale, raw	1 cup	1.04mg