

Iron - Are you getting enough?

Allied Healthcare Professionals (AHP)
Nutrition and Dietetics

Dietitian: _____

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

Introduction

This is a leaflet for people who need more Iron in their diet. When the Haemoglobin level is low, this is called Anaemia

The symptoms of anaemia include:

- feeling tired
- lacking energy
- a poor appetite
- poor concentration
- pale skin
- breathlessness / shortness of breath

(Other types of anaemia can occur which are not caused by lack of iron and you should consult your doctor for advice on these).

How much iron do you need?

1mg Iron = approximately 1 iron point

Gender	Age	Points
Female	11 - 50 yrs	15
Female	Over 50 yrs	9
Male	11-19 yrs	11
Male	Over 19 yrs	9

Children

Age	Points
1 - 6	7
7 - 10	9

Which foods contain more Iron?

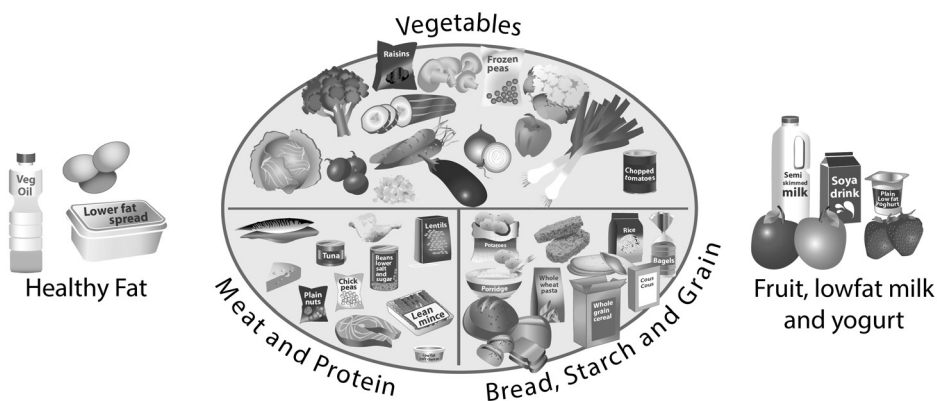
Breads & Cereals	Quantities	Iron Points
Weetabix	2 bix (40g / 1½oz)	4.5
Cornflakes	Average bowl (25g / 1oz)	1.5
Rice Krispies	Average bowl (35g / 1oz)	9
All-Bran	Medium bowl (45g / 1½oz)	5½
Ready Brek	Average bowl (30g / 1oz dry weight)	4
Special K	Medium bowl (35g / 1oz)	6
White bread	2 slices, large loaf medium slice (70g / 2½oz)	2
Wholemeal bread	2 slices, large loaf, medium slice (70g / 2½oz)	2
Chappatti	1 large (70g / 2½oz)	1½
Naan	1 plain (170g / 6oz)	2
Potatoes	2 old boiled (150g / 5oz)	½
Dumplings	2 dumplings (100g / 3½oz)	½
Egg	1 average size 60g / 2oz)	1
Pulses	Quantities	Iron Points
Baked beans	1 small can (200g / 7oz)	3
Kidney beans	3 heaped tablespoons cooked (105g / 3 ½)	2½
Dahl, chickpea	1 average portion cooked (155g / 5oz)	3
Lentils	1 average portion cooked (155 / 5oz)	5
Hummus	1 average portion (65g / 2oz)	2
Meats	Quantities	Iron Points
Beef steak	1 lean, grilled (155g / 5oz)	5½
Black pudding	1 slice dry fried (30g/1oz)	6
Pork sausages	2 large,grilled (90g/3oz)	1
Minced beef	Medium, lean portion (165g / 6oz)	5
Lamb chops	2 average (160g / 6oz)	3
Pork chops	1 large (135g / 4½oz)	1
Gammon steak	1 lean (135g/4½oz)	2
Chicken leg	Dark meat with bone (190g / 7oz)	1
Roast chicken	Light meat, small portion (70g / 2½oz)	½
Corned beef	2 slices (60g / 2oz)	2
Ham	2slices (55g /2oz)	1
Liver*	1 average portion (90g / 3oz)	9
Faggots	2 large (190g/7oz)	16

Fish	Quantities	Iron Points
Sardines (in tomato sauce)	1 average tin drained (85g / 3oz)	3
Pilchards (in tomato sauce)	1 average tin drained (105g / 3½oz)	3
Tuna	1 average portion (95g / 3oz)	1
Fruit & Veg	Quantities	Iron Points
Cashew nuts	20 nuts (40g / 1½oz)	1½
Almonds	20 nuts (20g / 1oz)	1
Broccoli	Medium portion (95g / 3oz)	1
Leeks	Medium portion (125g / 4oz)	1
Spinach	Large serving boiled (130g / 4½ oz)	2
Plantain	(Green boiled) 1 serving (85g / 3oz)	½
Apricots	8 (50g / 2oz)	2

**** The Department of Health recommend that pregnant women should not eat liver or products made from it due to the high vitamin A content, as this may damage the growing baby.***

A Healthy Balanced Diet

The Eatwell Plate below shows how much from each food group you need to get the balance right. The food groups explained:



The food groups explained:

Bread, rice , potatoes, pasta (Carbohydrates)

This group includes all breads, rolls, chapattis, breakfast cereals, oats, pasta, potatoes, yam, plantain, dishes made from maize, millet and cornmeal, and green bananas.

Choose wholegrain varieties, for example,. bread, brown rice. These are often high in fibre and low in fat.

Fruit and Vegetables

Eat at least five portions of fruit and vegetables every day. One portion is about a handful or 80g. All kinds count; - fresh, frozen, canned, dried or juice. One glass of 100% fruit juice counts as one portion, but do not count any more no matter how much you drink. Beans and other pulses only count once. Eat a rainbow of different colours and kinds.

Milk and Dairy

This group includes milk (Including plant based alternatives), cheese, yoghurt, fromage frais, milkshakes and custard. These are needed for calcium.

Protein (Meat, fish, eggs, beans)

This group includes meat (beef, pork, lamb, and poultry) fish (fresh, frozen and canned), eggs, pulses (baked beans, chickpeas, lentils) and meat alternatives such as Quorn or a Supermarket's own brand.

Fatty and sugary foods (Limit these foods)

This group includes margarine, butter, cooking oils and fats, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, soft drinks, sweets, sugar and jelly.

Sample Menu worth 9 Iron points

Breakfast

Weetabix x 2 with milk = 4.5 points

Mid Morning

Apple

Lunch

Peanut butter sandwich = 2 points

Mid Afternoon

Yogurt or Fruit Salad

Evening Meal

Tuna Pasta Bake with Leek and Broccoli = 3 points

Sample Menu worth 9 Iron points

Breakfast

1 Boiled egg + 2 slices wholemeal bread = 3 points

Mid Morning

Fresh Fruit

Lunch

Ham (2 slices) Sandwich with Salad = 1 point

Mid Afternoon

Yogurt

Evening Meal

Spaghetti Bolognese = 5 points

Sample Menu worth 9.5 Iron points (VEGETARIANS)

Breakfast

Weetabix (2 biscuits) with Milk = 4.5 points

Mid Morning

Apple

Lunch

peanut butter sandwich = 2 point

Mid Afternoon

Yogurt or Fruit Salad

Evening Meal

Chickpea Curry with Rice = 3 points

Sample Menu worth 10 Iron points (Vegetarians)

Breakfast

Cornflakes with Milk = 3 points

Mid Morning

Fresh Fruit

Lunch

Baked Beans on Toast = 4 point

Mid Afternoon

Yogurt

Evening Meal

Chili con Carne (Quorn) with Kidney Beans served with Rice = 3 points

What is the Importance of Regular Meals?

It is important your child eats three regular meals a day as this allows them to get all the vitamins and minerals they need, including iron.

Children who drink too much milk are at risk of anaemia. This is because milk does not contain any iron. If children fill up on milk they tend not to eat foods.

Your child needs less than one pint (20oz) of milk/daily after the age of one year.

Iron on a Vegetarian, Vegan or Plantbased Diet

Iron from plant sources is more difficult for the body to absorb compared to iron from animal sources.

We can improve this by adding vitamin C to/alongside iron-containing plant foods.

Examples include, a glass of orange juice, a squeeze of lemon, red and yellow veggies in meals or a sprinkle of chillies.

Examples of plant sources of iron are: dark green leafy veg, beans and lentils, tofu and fortified cereals

Contact Details:

The Dietetics Department - Tel: 01902 695335

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。