The Emily Program

The eating disorder specialists

Dietary Sources of Iron

Iron is a mineral, and very important to overall health. Iron is what carries oxygen throughout the body. Iron also helps our muscles use and store oxygen reserves. Iron also plays a role in food digestion and many other body functions.

When the body does not have enough iron, the condition is called anemia. Anemia is a shortage of iron in the blood, and can cause people to feel fatigued, have difficult with temperature regulation, experience cognitive changes, and have decreased immune function.

If you have low iron, or anemia, your physician may prescribe iron supplements or recommend increasing your iron intake through foods high in iron. The following is a short list of dietary sources of iron:

- Cream of wheat (1/2 cup) 7.8 mg
- Liverwurst (2 ounces) 3.6 mg
- Spinach (1/2 cup) 3.2 mg
- All-Bran cereal (1/2 cup) 2.9 mg
- Almonds (dried, ½ cup) 3.0 mg
- Chickpeas (dry, ¼ cup) 3.5 mg
- Green peas (cooked, ¼ cup) 1.4 mg
- Beef (2 ounces) 2.0-3.0 mg
- Turkey (2 ounces) 1.7mg
- Peaches (dried, ¼ cup) 2.4 mg
- Raisins (1/2 cup) 3.5 mg

How much iron do I need per day?

Males:		**Females:**	
9–13 years	8 mg	9-13 years	8 mg
14–18 years	11mg	14-18 years	15 mg
19+ years	8 mg	19-51 years	18 mg
		70+ years	8 mg

If you are pregnant or breastfeeding, please consult with your physician. Your iron intake needs may be higher.

Source: Centers of Disease Control and Prevention. http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html