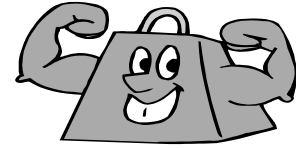


Iron



Essential in body for the transport of Oxygen to the working muscles
Essential for normal bodily functions, enzyme activity & cognitive functions
Essential for Energy Production

Haemochromatosis is a heredity condition where the body has too much Iron – must speak to Health Care Professional if there is a family history or suspected.

Iron is available from foods in two forms
Heam (most easily absorbed) Non-Heam (less easily absorbed) needs a helper to assist absorption

Vitamin C is the "HELPER". Include citrus foods when taking iron rich foods

Robbers -inhibit absorption

Tea, coffee, Red wine, Wheatbran, fizzy drinks, antacids

Having fruit juice or a piece of fruit with your breakfast

Adolescent Males Need 10mg/day & Females need 14mg/day

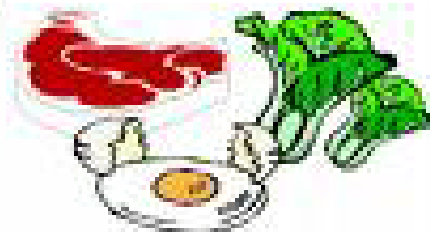
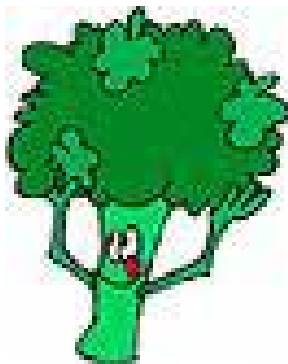
Sources

Provides ~ 1mg Iron

- 1 Boiled Egg (helper)
- 1 slice Wholemeal Brown Bread (helper)
- Sardines (50g) (helper)
- 1 Serve Green Veg(broccoli, cabbage etc) (helper)

Provides 2-3mg Iron

- 2 small Lamb chops
- 2 slices Roast Beef
- 1 slice Lamb's liver
- 4 tablespoons Baked Beans (helper)
- 1 weetabix (helper)
- 1 bowl fortified Breakfast Cereal (helper)
- Almonds (80g) (helper)



- Dried beans
- Dried fruits
- Eggs (especially egg yolks)
- Iron-fortified cereals
- Liver
- Lean red meat (especially beef)
- Oysters
- Poultry, dark red meat
- Salmon
- Tuna
- Whole grains