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Iron in Your Diet

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Why is Iron important in the diet?

Iron from the diet is an essential part of red blood cells. These carry oxygen in the blood around the body. If the bodies' store of iron becomes low, new red blood cells cannot be made and iron deficiency anaemia can develop. This will mean blood can not carry enough oxygen around the body.

What Are The Signs of Iron Deficiency Anaemia?

Feeling tired and low in energy

Breathless

Irritable

Poor appetite

Why is Iron important if you have CF?

All of the above symptoms can make you feel unwell, particularly when you have infection.

Iron deficiency anaemia is preventable with including high iron foods in your daily food intake.

How much Iron do you need?

Female: 14.8 mg/day

Male: 8.7mg/day

Foods High in Iron:

Meat, fish and alternatives:

Steak, corned/minced/roast beef, liver, kidney

Sardines, pilchards, kippers, whitebait

Red kidney beans, baked beans, lentils, chick peas, Soya beans

Eggs

Cereals and potatoes:

Fortified breakfast cereals

Wholemeal bread

Jacket potato

Vegetables

Broccoli, Spinach, Leeks, Green beans, Peas

Snacks

Dried fruit (figs, raisins, apricots, prunes)

Seeds/nuts (pumpkin seeds, sunflower seeds, sesame seeds, cashew nuts and pine nuts)

It is better to drink tea, coffee, red wine and coco an hour after your meal or in between your meals as these drinks can prevent your body absorbing iron from your food.

Vitamin C

Foods and drinks high in vitamin C will help your body to absorb more iron from your food therefore it is advisable to have a glass of high vitamin C drinks with your meals.

Fruits and vegetables which are high in vitamin C:

Orange, lemon, grapefruit, strawberries, raspberries, blackcurrant, blueberries, kiwi fruit & all pre fruit juices, broccoli, sprouts, tomatoes, green & red peppers and all vegetable Juices.

High Iron Meal Ideas

Breakfast

Bowl of fortified breakfast cereal with milk
Or boiled egg with wholemeal bread
Glass of orange juice or grapefruit juice

Lunch

Beans on wholemeal toast
Or Hummus on wholemeal toast
Or Lentil soup with wholemeal roll

Supper

Omelette with ham & tomato
Or lentils curry & rice
Or cottage pie with kidney beans & peas
Or tuna steak with roasted peppers & baked potato
Or stir-fry with chickpeas/leek/peppers
And apricot crumbles with custard

IRON READY RECKONER

| Food | Portion size | Mg Iron/portion |
|--|---------------------------|-----------------|
| CEREALS, BREAD, RICE & POTATOES | | |
| Bran flakes | 4 heaped tbsp (40g/1.4oz) | 9.7 |
| Sultana Bran | 4 heaped tbsp (40g/1.4oz) | 7.3 |
| Special K | 6 heaped tbsp (30g/1oz) | 7.0 |
| Cheerio's | 6 heaped tbsp (30g/1oz) | 3.6 |
| Ready Brek | 6 heaped tbsp (30g/1oz) | 3.6 |
| All Bran | 4 heaped tbsp (40g/1.4oz) | 3.5 |
| Weetabix | 2 biscuits | 3.0 |
| Cornflakes | 6 heaped tbsp (30g/1oz) | 2.4 |
| Porridge Oats | 4 heaped tbsp (40g/1.4oz) | 0.2 |
| Wholemeal Bread | 1 slice | 0.9 |
| White Bread | 1 slice | 0.6 |
| Brown Rice | 6 heaped tbsp (cooked) | 0.9 |
| White Rice | 6 heaped tbsp (cooked) | 0.4 |
| Baked Potato | 1 large | 1.3 |
| FRUIT + VEG | | |
| Figs | 6 | 4.2 |
| Dried Apricots | 6 | 1.2 |
| Prunes | 6 | 1.2 |
| Raisins | 2 tbsp | 2.3 |
| Spinach | 3tbsp | 1.8 |
| Peas | 3tbsp | 1.5 |
| Leeks | 1 leek | 1.1 |
| Broccoli | 2 spears | 1.0 |
| Beansprouts | 3tbsp | 1.0 |
| Sweetcorn | 3tbsp | 1.0 |
| Green beans | 3tbsp | 1.0 |
| Cabbage | 3tbsp | 0.6 |
| Sprouts | 9 sprouts | 0.5 |

| | | |
|-------------------------------|-------------------|-----|
| MEAT/FISH/ALTERNATIVES | | |
| Liver | 112g (4oz) | 8.0 |
| Kidney | 112g (4oz) | 7.0 |
| Steak | 112g (4oz) | 4.0 |
| Lamb Chop | 112g (4oz) | 2.4 |
| Corned beef | thin slice (25g) | 1.1 |
| Pork Chop | 112g (4oz) | 0.8 |
| Turkey Breast | 112g (4oz) | 0.7 |
| Sausage | 1 thick | 0.6 |
| Chicken Breast | 112g (4oz) | 0.5 |
| Bacon | 1 rasher | 0.4 |
| | | |
| Whitebait | 140g (5oz) | 7.1 |
| Sardines | 140g (5oz) | 4.0 |
| Pilchards | 140g (5oz) | 3.5 |
| Kippers | 140g (5oz) | 2.5 |
| Tuna | 140g (5oz) | 1.4 |
| Haddock | 140g (5oz) | 1.9 |
| Mackerel | 140g (5oz) | 1.2 |
| Fish finger | 2 | 0.4 |
| | | |
| Soya beans | 4 heaped tbsp | 4.2 |
| Lentils | 4 heaped tbsp | 3.8 |
| Red kidney beans | 4 heaped tbsp | 2.8 |
| Chick peas | 4 heaped tbsp | 2.1 |
| Baked beans | 4 heaped tbsp | 2.0 |
| Tofu | 140g (5oz) | 1.7 |
| Eggs | 1 boiled | 1.1 |
| Quorn | 140g (5oz) | 0.8 |
| | | |
| NUTS/SEEDS | | |
| | | |
| Sesame Seeds | 2 tbsp | 2.6 |
| Pumpkin Seeds | 2 tbsp | 2.4 |
| Sunflower Seeds | 2 tbsp | 2.0 |
| Cashew Nuts | 2 tbsp | 1.6 |
| Pine Nuts | 2 tbsp | 1.4 |
| Almonds | 2 tbsp | 0.9 |
| Walnuts | 2 tbsp | 0.6 |
| Brazil Nuts | 2 tbsp | 0.8 |
| Pistachio Nuts | 2 tbsp | 0.8 |
| Hazelnuts | 2 tbsp | 0.8 |
| | | |
| CONFECTIONARY | | |
| | | |
| Dark Chocolate | 50g (average bar) | 1.2 |
| Milk Chocolate | 50g (average bar) | 0.7 |