IRON

ABOUT IRON, AND ITS BENEFITS

INSPIRE HEALTH SERVICES
P: 07 3846 5134

Iron carries oxygen in the blood to your muscles and other organs, supporting energy levels and exercise performance as well as growth and development and immune health.

REQUIREMENTS

MEN:
8mg p/day

WOMEN:
18mg p/day

*NOTE: Requirements are higher in adolescence, athletes, and pregnancy.

HIGH IRON FOODS

- Tofu – 3.5mg in 150g
- Beans/legumes – 9mg in 150g black beans; 3.2mg in 150g red kidney beans; 2.8mg in 150g chickpeas
- V2 plant-based mince – 4mg in 125g
- V2 plant-based burger – 3.2mg in 1 patty
- Vegie delites sausages - 3.5mg in 2 sausages (100g)
- Red Meat e.g. lean beef, lamb – 2.5mg per 150g
- Dark leafy greens – 1.8mg in 75g spinach (better absorbed cooked)
- Fortified breakfast cereals – 1.8mg in 3 weet bix
- Oats – 1.2mg in 30g oats
- Quinoa – 1.8mg in 100g cooked
- Dried apricots – 1.4mg in 45g
- Green peas – 1.2mg in 75g







TIPS FOR ABSORPTION

- Pair plant-based sources of iron with vitamin C: Orange juice, fresh lemon/lime juice, strawberries, raw tomato or capsicum
- Keep tea and coffee at least 1 hour either side of iron-containing meals and snacks.

SAMPLE DAY: 19MG IRON

Breakfast: Weetbix & strawberries

Lunch: Burrito bowl w/ black beans, quinoa & cherry tomatoes in salad

Afternoon Snack: 45g dried apricots & 30g nuts/seeds

Dinner: Spag bol with beef mince & green peas in sauce w/ orange juice as a drink/ fresh salad on side