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NATUROPATH

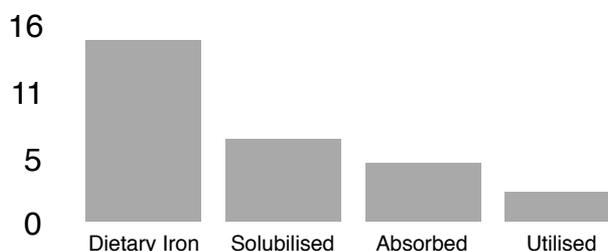
Dietary Iron Intake information

The Daily Iron Requirements of Different Age Groups

Group	Age	Iron Intake (mg)
Children: Boys & Girls	0-12 months	10
	1-3 yrs	15
	4-6 yrs	10
	7-10 yrs	10
Boys	11-18 yrs	18
	19-22 yrs	10
Girls	11-22 yrs	18
Men	23+ yrs	10
Woman	23-50 yrs	18
	51+ yrs	10
Pregnant		18+
Lactating		18

Iron Absorption

The graph below shows the relative quantities of iron involved in the stages of absorption. It is estimated that it takes three months for the iron in a meal to become incorporated in the cells of the body.



It is estimated that only 5 to 15 % of the iron content of food is absorbed by adults, although absorption can be as high as 50% in an iron deficient person. From 2 to 10% of iron in vegetables is absorbed, and from 10-30% of the iron in animal protein can be absorbed.

Foods High in Iron

Food	Serving Size	Iron Content (mg)
Beef chuck steak lean	100g	11.7
Lamb or Calf liver cooked	60g	9.6
Beef or Chicken liver cooked	60g	5.2
Soya bean dried	100g	9.5
Lima beans cooked	75	1.8
Prunes cooked	100	1.8
Chicken or Turkey	90	1.6
Greens	75	1.5
Peas fresh or frozen	75	1.5
English spinach	75g	1.5
Walnuts	15g	0.3
Egg	60g	2
Chocolate plain	50g	1.2
Black treacle or Black strap molasses	10g	0.9
Raisins	25g	0.5

Food Combinations

A useful combination of foods to improve iron absorption is found in the following recipe: Red meat with green leafy vegetables with a glass of orange juice.

You will absorb more iron from a meal when it contains red meat with green leafy vegetables and no other carbohydrates such as rice, potatoes, pasta, dairy foods or egg, which tend to bind to iron and limit its absorption.

Supplementation

A person with a diet low in red meat, and unable to increase this may require Iron supplementation. A pathology blood test that measures the blood's haemoglobin (circulating iron) as well as serum ferritin (iron stores) levels should be sought to assess the body's iron levels.