

## Patient information

# High Iron Diet

Contact Dietitian ..... Telephone number .....

### How much Iron does my child need?

My child's requirement for iron is \_\_\_\_\_ mg/day.

This will vary according to age and gender, and is not the same for everyone.

### What is Iron and what does it do?

Iron is needed by your body to make new blood and to keep you healthy. Iron plays an essential role in maintaining a healthy immune system.

As your body cannot make iron, it needs to come from the food you eat.

### What happens if I don't get enough Iron?

You may develop an illness called Anaemia. This happens when there is not enough iron in your body to make your blood healthy. You may become tired quickly, have pale skin, not feel very hungry and find it hard to concentrate.

### There are three main dietary causes of anaemia

- Not eating enough of the foods that contain iron.
- Babies being given cow's milk to drink too soon. It is best to keep a baby on breast or formula milk until they are at least one year old. Follow-on milks can be used from six months of age.

- Children who are given too much cow's milk to drink.

## **What do I need to know about iron and milk?**

After the age of one, children should not be given more than a pint of cow's milk, as this can fill them up and they may not eat enough food to get all the iron they need.

## **Why do I need Vitamin C?**

Vitamin C is needed so the body can take the iron out of the food. It is found in all fruits and vegetables. Citrus fruits such as oranges, lemons and grapefruits are excellent sources of vitamin C. Some squashes also have vitamin C added

## **Are there foods I should avoid?**

Some foods and drinks have been shown to prevent the absorption of iron.

Polyphenols and tannins that are found in tea and coffee can affect your body's absorption of iron. It is therefore recommended to avoid having these at times of high iron meals and snacks.

## **What foods are good sources of iron?**

There are two types of iron found in food. Some sources are more iron rich than others.

- Animal based sources (haem iron) – red meat (beef, lamb and pork) are particularly rich sources of iron and are most easily absorbed, and to a lesser extent fish and poultry.
- Plant based sources (non-haem iron) - pulses and legumes (such as beans, peas and lentils), dark green leafy vegetables (such as spinach, cabbage and broccoli), tofu, nuts and seeds.

'Haem iron' can increase the absorption of 'non-haem iron' therefore to improve iron status it can be beneficial to eat animal-based sources of iron along with plant based sources.

Vitamin C can also help 'non-haem iron' to be more easily absorbed.

Some products are also fortified with iron, such some cereals, breads, and malted milk drinks.

Below is a table with examples of iron-rich foods. The amount of iron each of the foods contains per portion is listed in the table.

It is recommended to consume a variety of different iron-rich foods to ensure adequate intake of iron.

Quantity	Food	Iron content (mg)
<b>Pulses</b>		
40g (2 tbsp)	Red lentils, boiled	0.9
100g (1/4 tin)	Baked beans	1.4
40g	Tinned chickpeas	0.6
30g (2 tbsp)	Hummus	0.6
30g (2tbsp)	Tahini dip	3.2
40g (2tbsp)	Kidney beans	0.8
<b>Vegetables</b>		
30g (2 tbsp)	Boiled spinach	0.5
30g (2 tbsp)	Cooked frozen peas	0.5
40g (1 large floret)	Boiled broccoli	0.4
<b>Dried fruit</b>		
30g (1 tbsp)	Raisins	1.1
25g (3)	Semi-dried apricots, ready to eat	1.0
20g (1)	Dried figs	0.8
30g (4 dates)	Dried dates	0.5
<b>Nuts and seeds</b>		
10g (1tbsp)	Cashew nuts	0.6
10g (1tbsp)	Almonds	0.3
20g (2 tbsp)	Peanut butter	0.5

10g (1tbsp)	Sesame seeds	1.04
10g (1tbsp)	Sunflower seeds	0.6
<b>Other snacks</b>		
30g (2tbsp)	Bombay mix	1.1
30g	Trail mix	1.1
30g	Twiglets®	0.9
Per rusk (17g)	Farleys Rusks®	1.2
50g (small bar)	Plain chocolate	1.2
200ml serving	Cocoa with whole milk	0.5
25g added to 200mls of milk	Horlicks®	2.7
25g added to 200mls of milk	Ovaltine®	3.6
13g added to 200mls of milk	Nesquik®	2.2
<b>Meat, fish and eggs and alternatives</b>		
70g	Grilled steak	1.5
60g	Lambs kidney, fried	6.7
36g (2 rashers)	Bacon, grilled	0.2
60g	Pork, roast	0.7
30g (1 slice)	Ham	0.2
55g (1 sausage)	Pork sausages, grilled	0.6
50g (1 slice)	Roast lamb	1.2
90g (1 small breast)	Chicken breast	0.5
30g	Liver pate	1.8
50g (1/2 a tin)	Tinned sardines in oil, drained	1.2
80g (1/2 a tin)	Tinned tuna	0.8
60g (small fillet)	Fresh salmon	0.3
30g (half a fillet)	Smoked mackerel	0.4
40g (2 fingers)	Fish fingers	0.3
1	Egg	1.1
100g (1/4 of pack)	Tofu	1.2
<b>Cereals and breads</b>		
30g	Bran Flakes®	7.3

20g (1 bisc)	Weetabix®	2.4
30g	Shreddies®	2.3
30g	Cheerios®	3.6
30g (added to 150ml milk)	Ready Brek®	3.6
27g (1 slice)	Wholemeal bread	0.6
1 slice	Kingsmill® 50/50 vitamin boost bread	2.1
50g	Wholemeal roll / bap	1.2

## Tips to ensure an iron rich diet

- Add green leafy vegetables to main meals
- Add dried fruit to yogurts or desserts and have fruit and (or) nuts as snacks between meals.
- Try iron fortified products

## Sample menu

### Breakfast

- Fruit juice or juice
- Breakfast cereal fortified with iron with milk or wholemeal bread or toast with butter or margarine.

### Lunch

- Toast or sandwich with egg, meat, fish, baked beans or peanut butter.
- Chocolate cake or biscuit or fruit cake or fresh fruit.

### Evening meal

- Meat or fish or bean or nut dish
- Potatoes or rice or pasta
- Vegetable or baked beans
- Fresh fruit and / or yogurt or other milky pudding

## Snacks

- Fresh or dried fruit.
- Nuts
- Cakes, bun or biscuits using chocolate, cocoa, dried fruit and / or wholemeal flour

## What multivitamin / mineral supplements contain iron?

It is possible to meet your iron requirements through a healthy balanced diet, however in some cases a supplement containing iron may be beneficial.

Below is a table of some of the multivitamin / mineral supplements available that contain iron. This list is by no means exhaustive and does not replace the dosage information on the product packaging. Please check the product labels carefully.

<b>Name</b>	<b>Age appropriate for</b>	<b>Iron in each daily recommended dose</b>
Asda® children's health chewable multivitamins and minerals 1 - 2 per day (berry flavour)	3+ Years	7mg
Boots® kids chewable A-Z multivitamins and minerals	3 - 12 years	7mg
Centrum® kids chewables	4+ Years	4.5mg
Forceval® soluble junior	6+ years	5mg
Forceval® soluble	12+ years	12mg
Haliborange® multivitamins calcium and iron	3 - 12 years	6mg
Holland and Barrett® prevites with iron chewables (orange flavour)	3+ years	7.5mg
Holland and Barrett® mega vita-min teens capsules	Teens	18mg
Nature's Way Alive® children's multivitamin and minerals chewable tablets (berry flavour)	3 - 12 years	7mg

Sainsburys® kid's chewable multivitamins and minerals	3+ years	2.8mg
Seven Seas® haliborange multivitamins calcium and iron orange chewable tablets	3 - 12 years	6mg
Swisse® junior ultivite multivitamin	4 - 7 years	2.1mg
Swisse® teenage boys ultivite multivitamin	8 - 12 years	4.2mg
Swisse® teenage girls ultivite multivitamin	8 - 12 years	4.2mg
Vitabiotics® feroglobin liquid formula	4+ Years	14mg
Vitabiotics® Wellbaby multivitamin liquid (orange flavour)	6 months - 4 years	4mg
Vitabiotics® Wellbaby multivitamin drops	4 - 12 months	2.2mg
Vitabiotics® Wellkid multivitamin liquid (orange flavour)	4 - 12 years	5mg
Vitabiotics® Wellkid smart chewable	4 - 12 years	7mg
Vitabiotics Wellkid® immune chewable (orange and lemon flavour)	4 - 12 years	7mg
Vitabiotics® Wellteen him	13 - 19 years	11mg
Vitabiotics® Wellteen him plus	13 - 19 years	11mg
Vitabiotics® Wellteen her	13 - 19 years	14mg
Vitabiotics® Wellteen her plus	13 - 19 years	14mg

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