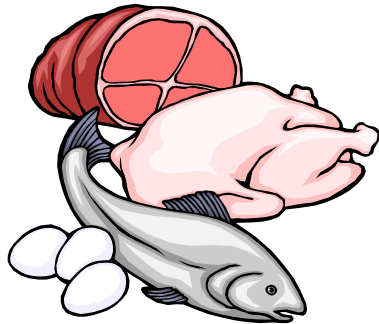

Foods rich in dietary iron:

Green leafy vegetables



Meats



Enriched breads and cereals



Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*



ANEMIA



525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



Anemia

Anemia is not a disease, it is a symptom of a number of different diseases or disorders. Anemia is the reduction (below normal) of the number of red blood cells, the quantity of hemoglobin, or the volume of packed red cells. It limits needed energy, production and the oxygen transporting capacity of red blood cells.

Hemoglobin is a complex protein-iron compound in the blood that carries oxygen to the cells.

Hematocrit is the percentage of your blood that is red blood cells.

What causes anemia?

Poor diet; loss of blood; industrial poisons; disease of bone marrow; genetic blood disorders such as thalassemia and sickle cell, as well as several other conditions.

What are the symptoms of Iron Deficiency Anemia (IDA)?

Mild anemia may cause no symptoms. As the anemia worsens symptoms of paleness, fatigue, shortness of breath, palpitations, headache, dizziness, fainting, insomnia, irritability, loss of appetite, indigestion and menstrual abnormalities may occur.

Who is at risk for IDA?

- Menstruating Women
- Dieters
- Endurance Athletes
- Those Who Do Not Eat Red Meat
- Lacto-Ovo Vegetarians

What are the daily iron requirements?

DIETARY IRON

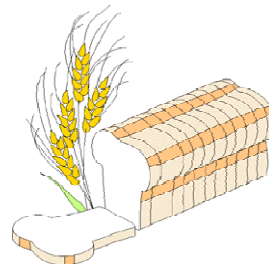
Average American diet contains about 12mg. iron/2000 calories. Only 10-20% of dietary iron is absorbed.

Recommended Daily Allowance (RDA)

	<u>Requirement</u>	<u>RDA</u>
Adult males	1mg	10mg
Non-menstruating women	1mg	10mg
Menstruating women	2mg	18-20mg
Pregnant women	2.5mg	20-25mg

TO INCREASE DIETARY IRON

1. Eat foods rich in Vitamin C at each meal.
2. Eat iron "enriched" or "fortified" breads and cereals.
3. Cook 1 or 2 times each week in cast iron skillets or pans.
4. Avoid drinking tea when eating iron-rich foods.
5. Eat meats, preferably lean red meats and dark meat of chicken.
6. Include meat with iron-rich vegetables.
7. If none of the above guidelines are followed, take a daily multivitamin iron supplement.



IRON CONTENT OF FOODS

	<u>Quantity</u>	<u>Iron (mg)</u>
Calves liver	100 gm	9
Lean Steak	100 gm	4.5
Pork Chop	100 gm	4.5
Lamb	100 gm	3
Turkey, dark meat	100 gm	2.5
Chicken, dark meat	100 gm	2
Tuna	100 gm	2
Chicken, light meat	100 gm	1
Turkey, light meat	100 gm	1
Salmon	100 gm	1

Dried apricots	12	6
Prune juice	1/2 cup (120ml)	5
Dates	9	5
Baked beans	1/2 cup	3
Kidney beans	1/2 cup	3
Molasses, blackstrap	1 tbsp (115ml)	3
Raisins	1/2 cup	2
Spinach	1/2 cup	2
Tofu	1/2 cup	2
Brewer's yeast	1 tbsp	2
Egg	1 medium	1
Enriched bread	1 slice	1
Enriched pasta	1/2 cup	1
Peas, green	1/2 cup	1
Molasses, regular	1 tbsp	1
Wheat germ	1 tbsp	1
Cheddar cheese	1 oz (30 gm)	trace

*Nonheme-iron sources below this line poorly absorbed, except for tofu.

What is the current treatment of increasing dietary iron if inadequate?

An iron supplement adequate to provide 180 to 230 mg of elemental iron per day. To replenish iron stores, several additional months of iron therapy should be given even after the hemoglobin level has returned to normal.

This information deals mostly with iron deficiency anemia, the most common type world wide. Any person with unconfirmed iron deficiency anemia should have a rapid, cost effective blood work-up to determine the cause of their anemia before iron supplements are used.

