

HIGH IRON DIET

Eat some of the following foods each day as they contain good amounts of iron.

- 1. MEAT:** particularly red meat, mince, beef, corned beef, lamb, tongue, oxtail, all game (white meats are slightly lower in iron). Mince and other cheaper cuts of red meat are just as high in iron as steak.
- 2. EGGS:** One per day. A glass of orange juice rich in vitamin C helps with the absorption of the iron in the egg yolk.
- 3. FISH:** Sardines, pilchards, whitebait, fish paste, and roe are fairly good sources of iron. White fish is a POOR source of iron.
- 4. BREAKFAST CEREALS:** especially the high fibre types such as Weetabix and Shredded Wheat, though many cereals are fortified with iron.
- 5. BREAD:** All types of bread, chapattis, pitta etc' and any food made from flour. Wholemeal flour is higher in iron than white flour.
- 6. VEGETABLES:** Green vegetables are generally a good source of iron. Most other vegetables are relatively poor sources of iron but the following give reasonable amounts. Butter beans, haricot beans, baked beans, kidney beans, peas, lentils, broccoli, leeks and mushrooms.

The following are excellent sources of iron so eat them once a week if possible.

Liver, kidney, heart, pate, liver sausage, black pudding, faggots.

Other good sources of iron

nuts, coconut, peanut butter, liquorice, dried fruits, black treacle, molasses, tomato puree, oxo, Bovril, chocolate, cocoa, but not brown sugar.

Additional notes

- The absorption of iron from non meat sources can be enhanced by taking a source of vitamin C at the same meal. eg. citrus fruits or juice, green vegetables or tomatoes.
- Tea or strong coffee taken with the meal inhibits the uptake of iron.
- Milk and dairy foods are poor sources of iron.
- ***Guinness and stout are low in iron, contrary to popular perception!!!***

Iron Supplements

Most multivitamin supplements with iron do not contain sufficient iron to boost iron levels in the body when depleted. To boost iron levels you need formal iron supplements. I suggest you buy an iron supplement called '**Fersaday**' which is generally better tolerated than the commoner 'Ferrous Sulphate tablets. Ideally take one daily for at least 3 months.

*If you can't tolerate this then there is a very useful mineral water based supplement called **SPATONE**. More detail about this can be found at www.spatone.co.uk.*