



Anemia

Anemia is a condition that develops when your blood produces a lower-than-normal amount of healthy red blood cells. Most anemias are caused by a lack of nutrients required for normal red blood cell synthesis, principally iron, vitamin B-12, and folic acid. The body does not get enough oxygen-rich blood and the lack of oxygen can make you feel tired or weak. This can lead to shortness of breath, dizziness, headaches, or an irregular heartbeat. Some people are at a higher risk for anemia, including women during their menstrual periods and pregnancy. Key ways to reduce the development of anemia involve eating iron-rich foods in our daily diet. Read more below:

HEME IRON VS. NON-HEME IRON

Heme iron is primarily found in blood and muscle, mostly known as animal meat. This type of iron is better absorbed by the body.

- Red meat
- Poultry
- Fish

Non-heme iron is found in plants.

- Whole grains
- Nuts and seeds
- Legumes
- Leafy greens

HOW MUCH IRON DO YOU NEED?

Women (19-50 yrs): 18 mg iron per day

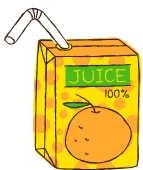
Women (19-50 yrs): 27 mg if pregnant; 9 mg if breastfeeding

Men (19 yrs and older): 8 mg iron per day

Women (51 and older): 8 mg iron per day

Iron rich foods are also high in vitamin B12, an important vitamin for red cell reproduction!

TIPS FOR ADDING IRON TO YOUR PLATE



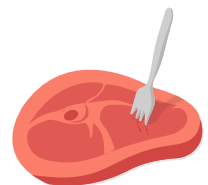
Include foods high in Vitamin C, such as citrus juice and fruits, to help your body absorb more iron.



Cooking with cast iron cookware will allow the food cooked to absorb some of the iron from the cookware.



Limit coffee and tea at meal times to not decrease iron absorption.



Iron from meat, fish, and poultry is better absorbed than iron from plants.