

Recommended Dietary Allowance (RDA):

- Women Pre-Menopause: 18 mg
- Women Post-Menopause: 8 mg
- Men: 10 mg

Functions of Iron:

- **Oxygenates the blood and transports that oxygen to all parts of the body.**
- Aids in energy metabolism for neural development.**
- Promotes functioning of the immune system.**



IRON

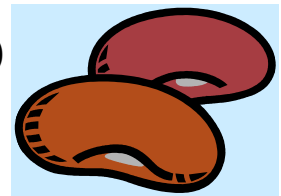
Iron Supplements:



- Consult your doctor before taking any iron supplements.
- Other than what is in a normal multi-vitamin, supplements can have **serious** side effects.

Iron Rich Foods:

- 1 cup Beans (5.0 – 8.0 mg)
- 1 cup Raisin Bran Cereal (6.3 mg)
- 3 oz. Liver (8.0 mg)
- 3 oz. Shellfish (4.0 mg)
- 3 oz. Red Meat (4.0 mg)
- 3 oz. Fish or Poultry (3.0 mg)
- 4 oz. Tofu (4.0 mg)
- 6 in x .5 in slice Watermelon (3.0 mg)
- 1 Baked Potato with Skin (4.0 mg)
- 1/2 cup Cooked Spinach, Collards, or Kale (3.0 mg)
- 1/2 cup Raisins (3.0 mg)
- 1 oz. Pumpkin Seeds (3.2 mg)
- 1 cup Prune Juice (10.5 mg)
- 1 cup Tomato juice (2.0 mg)
- 1/3 cup Nuts (0.5—2.0 mg)



Try poultry or tofu on a spinach salad with nuts and raisins accompanied by a slice of watermelon and a glass of tomato juice for an iron rich meal!