

Encourage Iron-Rich Diets to Prevent ID and IDA



Iron-rich foods^{1,2}

- Meats, eggs, and seafood, such as beef, lamb, chicken, and fish provide heme iron
- Heme iron (from animal sources) is absorbed more efficiently than non-heme iron (plant sources)¹



Vegetables and fruits provide non-heme iron^{1,2}

- Asparagus, kale, peas, lentils, tomatoes, spinach, collards, broccoli
- Fortified cereals and bread, oatmeal, tofu
- Berries, watermelon, raisins, prunes, apricots, peaches



Traditional methods such as using a “lucky fish” or cooking in a cast iron pan or tawa can increase the iron content of foods

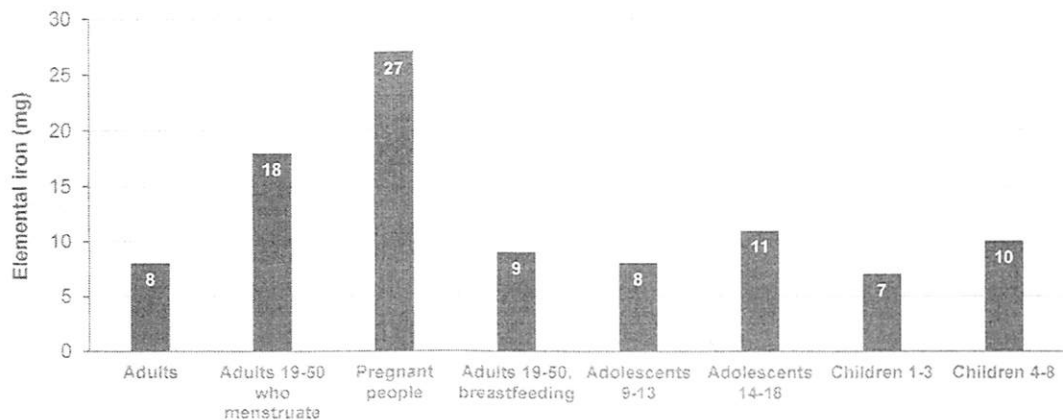


Although useful for prevention, diet is unlikely to replete an existing iron deficiency.

Fish image by LIFEintem - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=90969230>
 1 HealthLinkBC. Iron in Foods. Updated March 25, 2022. Accessed December 20, 2023. <https://www.healthlinkbc.ca/healthy-eating-physical-activity/food-and-nutrition/nutrients/iron-foods>
 2 Government of Alberta. Getting Enough Iron. Updated March 1, 2023. Accessed March 27, 2024. <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=ae4500>

Iron is Essential in All Stages of Life

Recommended daily amounts (RDAs) of iron from food, by age group



Government of Alberta. Getting Enough Iron. Updated March 1, 2023. Accessed March 27, 2024. <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=ae4500>

