



جامعة الإمام عبد الرحمن بن فيصل  
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# Iron deficiency anemia



# Iron Deficiency Anemia

-Iron benefits found in helping oxygen carry throughout the body. You may feel fatigued and tired if you are not consuming adequate iron-rich foods during the day.

## How much do you require from Iron ?

The total amount of iron required every day is calculated in milligrams (mg). The general slandered recommendations of healthy-well people are:

<b>Age Group</b>	<b>Requirement</b>
Infant (1-12months), Breastfed infants, born preterm or with low birth weight.	2-4 mg/kg/day of iron drops (maximum of 15 mg/day).
Infant - breastfed infants who receive less than 1 mg/kg/day) from complementary foods by age 6 months:	1 mg/kg/day.

## How much do you require from Iron ?

Age Group	Requirement
Children (1-3 years).	7 mg per day.
Children (age 4-13 years)	60-120 mg/day.
Women (19-50 years).	18 mg iron per day.
Women (19-50 years).	27 mg if pregnant 9 mg if breastfeeding
Men (ages 19 years and older).	8 mg iron per day.
Older Women (ages 51 years and older).	8 mg per day.

## Tips for Increasing Iron-rich Food

### consumption:

- ✓ Iron food-source, from fish, poultry, and meat absorbed more than iron from plants source.
- ✓ Foods that are high with vitamin C such as fruits and citrus juice, dark green leafy vegetables, melons and potatoes with the meals, could help in more absorption of iron.
- ✓ Try to consume fortified or enriched grain products, some cereals have 18 mg iron per serving.
- ✓ To not decrease iron absorption, limit coffee and tea at mealtimes.



## Recommended Food

Food	Serving size
<b>Foods with at least 2 mg iron per serving</b>	
Beef	3 oz.
Clams, oysters, shrimp, sardines	3 oz.
Bran flakes	$\frac{3}{4}$ cup
Oatmeal ( fortified)	$\frac{3}{4}$ cup
Baked potato, with skin	1
Dried beans, cooked (kidney, lentils, lima, navy)	$\frac{1}{2}$ cup
Soybeans	$\frac{1}{2}$ cup
Tofu	$\frac{1}{2}$ cup



## Recommended Food



Food	Serving size
<b>Foods with at least 2 mg iron per serving</b>	
Spinach	1 cup raw , ½ cup cooked
Dried prunes	4 pieces
Iron-fortified ready to eat cereal	¾ cup
Lentils	½ cup
Soy milk	1 cup
Chickpeas	½ cup
Sardine	3 oz.





## Recommended Food

Food	Serving size
<b>Foods with 1 to 2 mg iron per serving</b>	
Poultry	3 oz.
Cooked kale	1 cup
Dried apricots	7 halves
Raisins	5 tablespoons
Whole wheat bread	1 slice
Nuts: cashews, walnuts, Almond, Pistachio	1 oz.
Egg	1 whole











## Sources and References

Academy of Nutrition and Dietetics  
nutrition care manual 2021 – 2022  
All used illustrations are from Canva.com.

### Review and Auditing:

The content of this booklet was written and reviewed by clinical nutrition specialists at King Fahd University Hospital.

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