

iron

Iron is an essential mineral involved in the transportation of oxygen around your body.

Almost two thirds of the iron in our body is found in haemoglobin, the protein in red blood cells that carries oxygen to your body's tissues.

There are two forms of dietary iron: Haem and non-haem. Iron in meat, fish and poultry is found in a chemical structure known as **haem**. Your body absorbs heme iron very efficiently. Iron in plant

materials such as lentils and beans is arranged in a different chemical structure called **non-haem** iron, this type of iron is not absorbed as quickly or efficiently as heme iron.

Your body usually maintains normal iron status by controlling the amount of iron absorbed from food. Healthy adults absorb about 15% of iron from their daily food intake. When body stores are low iron absorption significantly increases. When iron stores are high, absorption decreases to help protect against iron overload.

Iron deficiency is relatively uncommon among adult men and postmenopausal women. Women of childbearing age, pregnant women and teenage girls, (especially those who have heavy menstrual cycles) are more prone to being iron deficient. Those that fall into this group are recommended to have regular screening for iron deficiency.

Signs of iron deficiency include:

- Feeling tired and weak.
- Decreased work and school performance.
- Difficulty maintaining body temperature.
- Decreased immune function, which may decrease resistance to infection.

Include iron rich foods such as: Lean red meat, chicken breast (no skin), seafood, eggs, legumes, nuts, seeds and green leafy vegetables such as spinach.

Please speak to your Health care practitioner if you suspect you have an iron deficiency, as they will be able to recommend a suitable supplement.



IRON INTAKE – A Typical SureSlim Day

FOOD	WEIGHT	IRON mg
Egg	1	1
Spinach	½ cup	3
Apple	1	1
Fish	100g	3
Salad greens	½ cup	1-2
Strawberries	100g	1.5
Pumpkin seeds	2 tbs	3.2
Sunflower seeds	1tbs	2
Red meat	100g	4
Vegetables (mixed)	1 cup	1-3
	TOTAL	23.7 Grams

Recommended dietary intakes for adults (expressed as mean daily intake)

AGE	MEN IRON (mg)	AGE	WOMEN IRON (mg)
19-64	7	19-54	12-16
64+	7	54+	5-7



References:

<http://www.cc.nih.gov/ccc/supplements/iron.html>

<http://www.nhmrc.gov.au/publications/diet/n6p3.htm#app1> <http://ods.od.nih.gov/factsheets/iron.asp>

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