

## Iron Deficiency

Iron is used to make hemoglobin, a protein in your red blood cells that carries oxygen around your body. Too little iron can cause a condition called anemia. Blood loss, heavy menstrual bleeding or a low iron diet are some of the more common causes of iron deficiency.

Below you will find a list of foods that are high in iron. Incorporating as many of these as possible into your diet is a good way to reach the recommended daily goal for iron intake.

<b>IRON RICH FOODS</b>	
<b>Animal Proteins- especially red meat, fish and poultry</b>	Beef: liver, roundsteak, sirloin, lean hamburger, lunch meats (heated) Pork: tenderloin, bacon, ham Poultry: chicken, turkey Fish: tuna, sardines, clams, shrimp, scallops Other: lamb, eggs
<b>Dried peas and beans</b>	Baked beans, white, navy kidney and great Northern beans, lentils, chili con carne, lima beans, split peas, blackeye peas
<b>Vegetables- especially green leafy</b>	Spinach, green peas, mustard greens, tomato/vegetable juice, dandelion greens, brussel sprouts, broccoli, beets, sweet potato, baked potato
<b>Whole grain products</b>	Bran cereal, total cereal, puffed oat, corn cereal, cream of wheat, shredded oats, wheat noodles, brown rice, whole wheat bread, wheat germ
<b>Fruit (especially dried)</b>	Dried pineapples, prunes, dates, dried apples, dried apricots, raisins, figs, dried peaches
<b>Fats</b>	Peanut butter, nuts
<b>Sugars (sparingly)</b>	Prune juice, apple juice, molasses

If you are found to be anemic, we will recommend that you start an iron supplement in addition to eating iron rich foods. Below is a list of acceptable iron supplements along with specific instructions on how to take them.

- Ferrous sulfate 325mg (65mg iron) take every other day as directed by midwife
  - Take with Vitamin C (fruit or small glass of juice)
  - Avoid taking at same time as prenatal vitamin or calcium containing products (tums, dairy)
  - Can be purchased at any pharmacy
  - These iron supplements can cause constipation, we recommend taking them with a stool softener such as Colace (docusate sodium), 100mg 1 or 2 times per day
- Hemaplex- Take one capsule a da as directed by midwife
  - Can be purchased on amazon or local health food store.
- Floradix- Take 2 tsp, 2 or 3 times per day as directed by midwife
  - Liquid, herbal based iron supplement that may be more easily absorbed - must be kept refrigerated.
  - Can be purchased on Amazon or at a local health food store.