

Iron Rich Diet Tips

4



Try a salad with dark leafy vegetables such as kale, spinach. Add pumpkin or sesame seeds and nuts to make an iron rich meal. You could also add beetroots to boost the iron meal.

5



Legumes such as lentils, soy, kidney and black beans are high in iron. Add legumes to soup or stew to have iron rich meal.

6



Avoid taking caffeine containing foods with iron meal that may interfere with the absorption of iron. Make sure there is a 1-2 hours gap with iron rich meal. Eg. Coffee or tea during meal

7



Avoid taking iron rich meal with calcium rich food. Calcium competes with iron to be absorbed by the body. Eg. Avoid taking calcium supplement together with iron supplement.

Sample Menu

Breakfast

1 bowl of cereal with raisins
/ mixed berries and milk

Morning Tea

1 wholemeal egg sandwich

Lunch

Rice and sweet and sour fish fillet with
pineapples and tomatoes
A pear

Afternoon Tea

Mixed nuts with cranberries / apricot

Dinner

Baked beans, grilled chicken and
Green leafy salad with pumpkin seeds,
beetroot and
1 glass of orange juice

Supper

A piece of fruit

For individualised dietary counselling, please make an appointment with the dietitian.

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For internal circulation only.



Iron Rich Meal















What is Iron?

Iron is a mineral that helps to carry oxygen throughout the body. If your serum iron is low, you may feel tired and trouble in concentrating.

There are two types of iron.

Heme Iron	Non-heme Iron
Easily absorbed by the body	Not well absorbed
Food sources are meat products, internal organs, seafoods and poultry	Food sources are breads, cereals, dark leafy vegetables, legumes and eggs

Food Sources of Iron

 Beef	 Mutton	 Chicken
 Pork	 Crab / Shrimp	 Fish
 Scallop / Mussel	 Oyster	 Liver / Heart
 Dark Leafy Vegetable	 Legumes, Nuts and Seeds	 Egg

These are the iron contents from foods,

Food	Portion (g)	Iron content (mg)
Chickpea, boiled	Cup (164g)	4.74
Soya bean curd, dried	Sheet (28g)	3.14
Tofu	Piece (152g)	2.89
Kale, boiled	Cup (130g)	1.17
Mustard green	Stalk (97g)	1.07
Beetroot, raw	Whole (240g)	1.54
Spinach, boiled	Cup (180g)	6.43
Chicken liver	Piece (40.45g)	4.13
Oyster, dried	Whole (9g)	0.5
Scallop, dried	Piece (5g)	0.28
Hen egg, raw	Whole (53g)	1.11
Black sesame seeds	Tbsp (15g)	3.4
Fenugreek seeds	Tsp (3.4g)	1.24

Ref: Singapore Energy & Nutrient Composition of Food

How much Iron do you need?

Gender	Age	Iron needed (mg/day)
Boy	15 - 18 years	12
Girl	15 - 18 years	21
Men	19 - 50 years	9
	51 and above	9
Women	19 - 50 years	20
	51 and above	8

Ref: Recommended Nutrient Intake for Malaysia 2017

Iron Rich Diet Tips

1



Add foods with high Vitamin C to your iron rich meal to increase absorption of iron. Eg. Squeeze lemon juice over grilled chicken

2



If you eat meat, darker meats like beef, lamb, duck have higher iron content.

3



Tofu is a rich iron alternative for meat which is suitable for vegetarians.