



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.



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



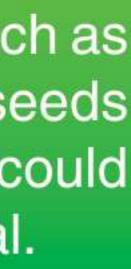


Avoid taking caffeine containing foods with iron meal that may interfere with the absorption of iron. Make sure there is a 1-2 hours gap with iron rich meal. Eg. Coffee or tea during meal





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.





Breakfast

1 bowl of cereal with raisins / mixed berries and milk

Morning Tea

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 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.









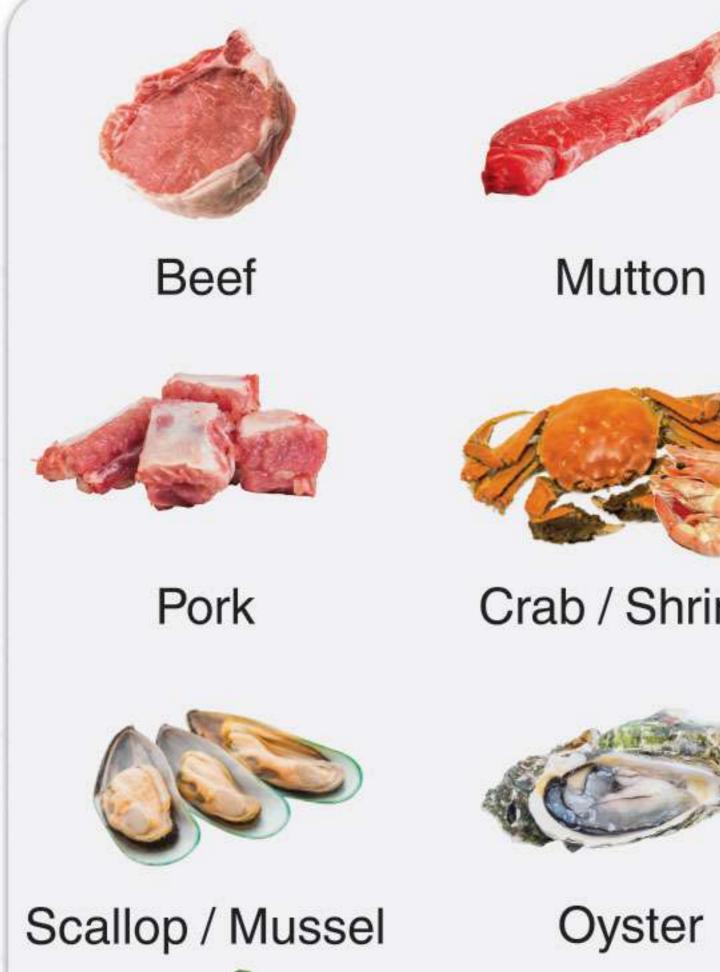
What is Iron?

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

There are two types of iron.

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







Dark Leafy Vegetable

Crab / Shrimp





Legumes, Nuts and Seeds



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Fish



Liver / Hea



These are the iron contents from foods,

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en Su	Food	Portion Ir (g)	Iron content (mg)		do you need?				
	Chickpea, boiled	Cup (164g)	4.74		Gender	Age	Iron needeo (mg/day)		
	Soya bean curd,	Sheet	3.14		Boy	15 - 18 years	12		
	dried	(28g)			Girl	15 - 18 years	21		
	Tofu	Piece (152g)	2.89		Men	19 - 50 years	9		
		Cup				51 and above	9		
	Kale, boiled	(130g)	1.17		Women	19 - 50 years	20		
	Mustard green	Stalk	1.07			51 and above	8		
		(97g)			Ref: Recommend	led Nutrient Intake for	r Malaysia 2017		
	Beetroot, raw	Whole (240g)	1.54		Iron	Rich Die	tTip		
	Spinach, boiled	Cup (180g)	6.43						
	Chicken liver	Piece (40.45g)	4.13		Add foods with high Vitamin C to your iron rich meal to increase absorption of iron. Eg. Squeeze lemon juice over grilled chicken				
	Oyster, dried	Whole (9g)	0.5						
	Scallop, dried	Piece (5g)	0.28		9				
	Hen egg, raw	Whole (53g)	1.11		If you eat meat, darker meats like beef, lamb, duck have higher iron content.				
	Black sesame seeds	Tbsp (15g)	3.4						
	Fenugreek seeds	Tsp (3.4g)	1.24		3				

Ref: Singapore Energy & Nutrient Composition of Food

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