



Nutrition Education



The Recommended Dietary Allowance (RDA) for Iron is:

Adult Male and Females over 50 years old = 8 mg

Most individuals can get the iron their bodies need from eating a healthy, balanced diet which contains iron rich foods.

Information obtained from:
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Iron

What is Iron?

Iron is a mineral that plays a crucial role within the body to support overall health and well-being. One of iron's main functions is to transport oxygen in the blood throughout the body.

What happens when Iron levels are low?

If the body doesn't absorb the recommended amount of iron it needs, the body can become iron deficient. This could also progress to iron deficiency anemia, which is a very common nutrient deficiency in the United States.

Symptoms may include:

Fatigue, headaches, weakness, difficulty maintaining body temperature, pale skin and nails.

Iron sources are found in both animal and plant sources.

However, the body absorbs iron more efficiently from animal sources.

Iron food sources include, but not limited to:

Animal Based

- Lean Meats: beef, poultry, turkey, lamb, and pork
- Seafood: Fish and shellfish

Plant Based

- Beans and Legumes: lentils, beans, peas, barley and more
- Leafy Greens: spinach, swiss chard, kale, and collard greens
- Fortified food products: Many cereals, pastas, and grains may be iron fortified



Helpful tip: Plant based iron sources are best absorbed when paired with a Vitamin C source.

For example, squeezing fresh lemon juice over a spinach salad will help the body increase the absorption of plant based iron.

