

Iron: Why and where do I find it?

Iron is used in the body for blood functions, enzyme formation, detoxification, oxygen transport as well a multitude of other functions.

The two forms of dietary iron are Haem iron which is high in animal products such as liver, chicken, red meat, fish, heart & oysters. Non-haem iron is found in plant and dairy products such as tofu, legumes, beetroot and nuts. Haem iron is absorbed 2-3 times more easily than non-haem in the body.

Australian recommended dietary intake of Iron per day

Infant (6-12mth):- 11mg

Children (1-13):- 8-9mg

Girls (14-18): 15mg

Men (18+): 8mg

Women (18+): 18mg

Boys (14-18): 11mg

Pregnancy: 9-27mg

Lactation: 9-27mg

Women (after meno.):

HAEM – better absorbed

Meat	milligrams	per serve
Kangaroo- uncooked	3.4	100g
Beef – lean	2.5	100g
Lamb, Easy Carve Shoulder, Roasted, Lean	2.1	100g
Lamb, French Cutlets Grilled Lean	2.6	100g / 2 cutlets
Lamb, Mince, Dry Fried	5.0	100g
Beef, Heart, Simmered	8.2	100g
Chicken, Liver, Cooked	11	100g
Oyster, Raw	3.9	100g / 5 oysters
Mussel, Green, Steamed Or Boiled	10.9	100g / 4 mussels

NON-HAEM

Vegetables

Wheat Bran, Unprocessed	12.1	100g / ½ cup
Spinach, Frozen, Boiled, Drained	2.1	100g / ½ cup
Spinach, English	3.9	100g / ½ cup
Bean, Red, Fresh, Raw	2.4	100g
Coriander, Fresh, Leaves & Stems	3.4	50g / ⅓ cup
Parsley, Curly, Raw	5.7	50g / ⅓ cup

Herbs & Spices

Cinnamon-dried	0.38mg	1g / 1Tbsp
Oregano-dried	0.38mg	1g / 1Tbsp

Snacks

Cashew, Raw	2.5	50g / ¼ cup
Pine Nut, Raw	2.1	50g / ¼ cup
Tahini, Sesame Seed Pulp	2.6	50g / 2 Tbsp
Almond, With Skin	2	50g / 1 handful

Other

Cocoa powder	4	25g / 6 tsp
Bean, Soya, Dried, Boiled, Cooked	2.2	100g/ ½ cup
Flour, Soya	6	100g
Tempeh (Fermented Soy Beans), Fried	9.2	100g / ½ cup
Tofu (Soy Bean Curd), Silken (Soft)	1.8	100g
Tofu (Soy Bean Curd), Firm	2.9	100g