

Keep an Eye on Your Iron

Why is iron important in the diet?

Iron from the diet is used to make red blood cells - these carry oxygen in the blood.

If the body's store of iron becomes low, new red blood cells cannot be made and the symptoms of iron deficiency anaemia can develop.

What are the symptoms of iron deficiency anaemia?

Iron deficiency anaemia can make you feel tired and breathless, low in energy, irritable and reduce your appetite. If you have Cystic Fibrosis, these symptoms could make you feel more unwell, particularly when you have a chest infection. These symptoms are easily preventable if you regularly eat foods containing iron.



How much iron do you need?

Men - 9 mg per day
Women - 15 mg per day

Eating a varied diet including foods which are good sources of iron can help prevent anaemia.

Meat and meat products

Red meat i.e.; beef, and pork and lamb are best sources of iron, as the body is more able to absorb these.

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| ▪ 1 large slice roast beef | 2 mg |
| ▪ 2 tablespoons minced beef | 3 mg |
| ▪ 2 slices lambs liver | 8 mg |
| ▪ 2 faggots | 12.5 mg |
| ▪ Individual steak and kidney pie | 3 mg |
| ▪ Liver pate – 45 g | 3 mg |

**EAT AT LEAST ONE PORTION FROM
THIS LIST PER DAY!**



Information for Patients

Other sources of iron

A bowl of fortified breakfast cereal (e.g.; Rice Krispies, Frosties, Cheerios, Ready Brek) contain between 3-5mg iron per portion.



Small can pilchards in tomato sauce	5 mg
Small can of baked beans	2 mg
2 slices of wholemeal bread	2 mg
1 medium chapatti	2 mg
1 large slice rich fruit cake	1.5 mg
Toasted teacake	2 mg
2 slices malt loaf	2 mg
2 fried/boiled eggs	2 mg
1 large scotch egg	2 mg
A bowl of lentil dahl	3 mg
Chick peas, ½ a tin	6 mg
100g soya mince	2.6 mg
Small bag dry roasted peanuts	1 mg
Small bag cashew nuts	3 mg
Small handful dried fruit, e.g.; raisins	1.5 mg
Chocolate, plain, small bar	1.5mg
Liquorice Allsorts, small bag	4 mg



EAT AT LEAST FOUR PORTIONS FROM THIS LIST PER DAY – FIVE PORTIONS FOR VEGETARIANS!

Vitamin C and Iron

As well as eating a varied diet including foods containing iron, it is a good idea to take food containing Vitamin C at the same time, as this helps the body absorb the iron in the food. Good sources of Vitamin C include blackcurrants or blackcurrant juice, e.g.; Ribena, C Vit or other fortified blackcurrant cordials, oranges, tangerines, satsumas and orange juice.



TRY TO AVOID DRINKING TEA WITH MEALS BECAUSE IT REDUCES ABSORPTION OF IRON FROM FOOD AND PREVENTS THE BODY USING THE IRON IN FOOD



Information for Patients

Contact us:

If you have any questions or concerns regarding this information, please contact one of our CF Dieticians:- on 0121 424 1796 (direct line with answer phone) 0121 424 2000 Bleep 2425 or email: joanne.barrett@heartofengland.nhs.uk, toni.osborne@heartofengland.nhs.uk, elizabeth.glennon@heartofengland.nhs.uk, rebecca.jones@heartofengland.nhs.uk

Additional Information Sources:

For more information on all aspects of living with Cystic Fibrosis you can visit the Cystic Fibrosis Trust web site at: www.cftrust.org.uk. For local news and events the West Midlands Regional Cystic Fibrosis Unit based at Heartland Hospital has its own website at: www.heartlandscf.org.uk .

This booklet was produced by CF Dieticians, West Midlands Adult CF Centre, and Heart of England NHS Foundation Trust.

Please use the space below to write down any questions you may want to ask: