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Food High in Iron to Fight Iron Deficiency

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<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="line-height: 107%;">The importance of food high in iron for maintenance of health has been recognized for centuries. Iron is needed to make hemoglobin which is part of the red blood cell.</span><span style="color: #313131; background-image: initial; background-position: initial; background-size: initial; background-repeat: initial; background-attachment: initial; background-origin: initial; background-clip: initial;"> </span></span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="line-height: 107%;"><a href="https://bit.ly/3lgXYwF">Hemoglobin</a> picks up oxygen in the lungs, drives it through the bloodstream and drops it off in tissues including the skin and muscles. Then, it picks up carbon dioxide and drives it back to the lungs where it's exhaled. Maintaining iron status is still a problem throughout the world.</span></span></div>

<h3><span style="font-size: 14pt;">Iron Deficiency</span></h3>

<div style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">If the body fails to absorb it&rsquo;s needed amount of iron to function properly, it becomes iron deficient. A mild to moderate deficiency of iron can compromise immune function and work performance.</span></div>

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<div style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">As iron deficiency progresses and stores are depleted, the lack of iron for heme and hemoglobin synthesis results in the development of iron deficiency anemia. </span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">This impairs oxygen transport in the blood, causing fatigue and a decreased ability to perform normal activities. Iron deficiency anemia also compromises immune function, impairs energy metabolism, and delays cognitive development. </span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Iron deficiency anemia is of particular concern in young children because cognitive and developmental impairments may not be reversible.</span></div>

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<div style="text-align: left;"><strong><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Symptoms include:</span></strong></div>

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<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Headache</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Weakness</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Fatigue</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Pale skin</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Pale fingernails</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Dizziness</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Glossitis (inflamed tongue)</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Impaired immunity</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Nailbeds</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Pica</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Inability to regulate the body temperature </span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Impaired work performance</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Impaired cognitive function</span></li>

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<h2><span style="font-size: 14pt;">Foods high in iron : food sources</span></h2>

<div style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Iron from animal sources are more easily absorbable than the one from plant source in the body. Some of the best animal sources of iron are: </span></div>

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<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Chicken</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Turkey</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Lean beef</span></li>

<li style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Oysters</span></li>

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roboto;";>Pork</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Clams</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Beef liver</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Tuna</span></li>

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<div style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Although less of the iron in plants can be absorbed, every bite counts and adding a source of vitamin C to plant sources of iron will enhance it&rsquo;s absorption. Some of the best plant sources of iron are:</span></div>

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<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Parsley</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Tofu</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Tomato juice</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Broccoli</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Beans and lentils</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Baked potatoes</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Cashew</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Fortified breakfast cereals</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Whole-grain and enriched bread</span></li>

<li style="text-align: left;";><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";>Spinach</span><span style="font-size: 14pt; line-height: 107%; font-family: roboto;";></span></li>

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<h3 style="text-align: left;";><span style="font-size: 14pt;";><span style="color: #000000;";>You may like :&nbsp;</span><a style="background-color: #ffffff;"; href="https://bit.ly/2Vs3kKK" target="\_blank" rel="noopener">Vitamin K, Uses and Health Benefit</a></span></h3>

<h2><span style="font-size: 14pt;";>How Much Iron Do I Need ?</span></h2>

<p><span style="font-size: 14pt;";>According to <a href="https://www.nhs.uk/conditions/vitamins-and-minerals/iron/">NHS UK</a> :</span></p>

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<li><span style="font-size: 14pt;">Men above the age of 18 need 8.7 mg per day</span></li>

<li><span style="font-size: 14pt;">Women of age 19 to 50 need 14.8 mg per day</span></li>

<li><span style="font-size: 14pt;">Women of over 50 years need 8.7 mg per day</span></li>

<li style="text-align: left;"><span style="font-size: 14pt;">Population at High Risk of Iron Deficiency</span></li>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">The following populations are at a higher risk for developing iron deficiency</span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;"><strong>Young children</strong>: Babies have enough store for iron in the first six months of life. The iron needs increase after six months. Breast milk and iron-fortified infant formula can supply the iron not supply by solids.</span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;"><strong>Women of reproductive age</strong>: women in this category with excessively heavy menstrual periods may develop iron deficiency. Teenage girls and women of childbearing age are at risk of iron deficiency because of monthly menstrual blood losses and low intake of iron-rich foods.</span></div>

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<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;"><strong>Pregnant women:</strong> increased blood volume requires more iron to drive oxygen to the baby and growing reproductive organs. Taking good sources of food high in iron is advisable. To take iron supplement, consult your doctor or registered dietitian/nutritionist for professional advice.</span></div>

<div style="text-align: left; line-height: 1.5;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">&nbsp;</span></div>

<h2 style="text-align: left;"><span style="font-size: 14pt;">How to Prevent Iron Deficiency</span></h2>

<div style="text-align: left;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">Eat an adequate, healthy diet which includes good sources of iron to prevent deficiencies. Vegetarian sources of iron should be combined with vitamin C in the same meal, for example a bell pepper-bean salad, spinach with lemon juice or fortified cereal and berries.</span></div>

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<div style="text-align: left;"><span style="font-size: 18pt; line-height: 107%; font-family: roboto;"><span style="font-size: 14pt;">If you noticed or discovered that treatment of iron deficiency is needed, contact your healthcare provider who will assess iron status and determine the exact form of treatment</span>.</span></div>

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