Iron For A Healthy Body

Why do you need iron?

Iron helps carry oxygen in our blood to other parts of our bodies. Iron also helps inside our cells to produce energy needed for daily activities. If you do not have enough iron in your blood, you may feel tired or run down.

How do I know if I have enough iron?
Your iron can be tested as part of a blood draw.

How Much Iron Do You Need?
Women need more iron than men. The amount of iron you need depends on your age.

Male, age 11-18	12 mg
Male, age 19-51+	8 mg
Female, age 11-50	18 mg
Female, age 51+	8 mg
Female, pregnant	27 mg

What can I do if my provider tells me my iron is too low?

- Eat more traditional foods! Traditional foods like seal, caribou, moose, fish and clams are higher in iron than processed foods.

- Enjoy meat and fish! The iron found in meat and fish are easiest for your body to absorb!

- Put some beans in your diet! Beans are low-cost, a good source of iron, and available everywhere.

- Include vitamin C foods at every meal! Eating a food high in vitamin C at the same meal with a food high in iron will help your body absorb more iron. Some foods high in vitamin C include Alaska berries, citrus fruits like oranges, sourdock leaves, fireweed, cauliflower, broccoli and tomatoes.

More Information

For more information or if you have questions, contact:

Diabetes Educator: _____

Phone: _____

ALASKA NATIVE **TRIBAL HEALTH** CONSORTIUM