

## IRON



Blood loss and poor diet can lead to iron deficiency. Vegetarians with more restricted diets and women of reproductive age should be more vigilant!

It is the **main component of hemoglobin**, which is present in red blood cells and is responsible for carrying oxygen that we get from breathing throughout the body. In addition, iron is important for **proper growth and development**, and participates in other reactions in the body.

### SOURCES ALIMENTAIRES



**Bean**  
[100 g] 18 mg



**Chicken liver**  
[100 g] 11 mg



**Pumpkin seed**  
[100 g] 8 mg



**Beef**  
[100 g] 3,3 mg



**Watercress**  
[100 g] 3mg

### HOW TO MAKE BETTER USE OF THE IRON IN FOOD

- Eat citrus fruits as dessert at main meals.
- Avoid having milk, coffee, or tea with or close to your main meals.
- Red meat, poultry, and seafood may increase iron absorption.

### NUTRITIONAL REQUIREMENTS



7 months old - 3 years old

7 - 11 mg/day



9 - 18 years old

8 - 11 mg/day



19 - 70 years old

8 mg/day



+70 years of age

8 mg/day



9 - 18 years old

8 - 15 mg/day



19 - 50 years old

18 mg/day



all ages

27 mg/day



all ages

9 - 10 mg/day



+51 years of age

8 mg/day

### SIGNS OF DEFICIENCY

Iron deficiency is one of the most common deficiencies in the world, and is usually characterized as iron deficiency anemia. The blood cells that carry oxygen decrease in size and quantity. The main symptoms are tachycardia, fatigue and pallor, headache, and thin, flat fingernails.