How Much Iron Do You Need?

Government scientists have found that all men, women, and children need certain amounts of iron every day. These amounts are called Recommended Dietary Allowances, or RDA.

This chart shows the RDA for iron for people of different ages and groups.

<table>
<thead>
<tr>
<th>Group</th>
<th>Age</th>
<th>Milligrams (mg) of Iron Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>1 to 10 years old</td>
<td>10 mg</td>
</tr>
<tr>
<td>Men</td>
<td>11 to 18 years old</td>
<td>12 mg</td>
</tr>
<tr>
<td></td>
<td>19 to 50 years old and older</td>
<td>10 mg</td>
</tr>
<tr>
<td>Women</td>
<td>11 to 50 years old</td>
<td>15 mg</td>
</tr>
<tr>
<td></td>
<td>51 years old and older</td>
<td>10 mg</td>
</tr>
<tr>
<td>Pregnant Women</td>
<td>any age</td>
<td>30 mg</td>
</tr>
<tr>
<td>Nursing and lactating women</td>
<td>any age</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Which Foods Contain Iron?

Iron-rich foods are:

- Red meats
- Liver
- Lean meats
- Whole-wheat breads
- Enriched breads
- Enriched flour
- Enriched cereals
- Dried fruits
- Prunes
- Raisins
- Peaches
- Apricots
- Egg yolks
- Kidney beans
- Dried beans
- Dried peas
- Nuts
- Molasses
- Chicken, turkey
- Potatoes in their skins

Other good sources of iron:

- Dark green, leafy vegetables
- Turnips
- Spinach
- Collards
- Broccoli

Katie Says:

Iron is a mineral.

- Men, women, and children need iron.
- It helps your body grow and repair itself.
- It helps your body build red blood cells.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

Iron In Your Diet

— Iron helps build red blood cells.
— Red blood cells carry oxygen to all parts of the body.
— Eat or drink a food that has lots of Vitamin C when you eat iron-rich foods.
— You and your family need iron every day.
— Iron will help in preventing lead poisoning.
— Cook food in iron pots. This will add iron to the food.

Evelyn F. Crayton, Extension Foods & Nutrition Specialist

Your County Extension Agent can tell you more about this and can help you in other ways, too. Call or write:

Expanded Food & Nutrition Education Program

ALABAMA A&M AND AUBURN UNIVERSITIES

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