

# Iron

RDA: 7-10mg for men and 14mg for women

## Sources:

**Berries:** Goji berries

**Dairy foods:** (NB – small amount)

**Dried Fruit:** Apricots / prunes / raisons / figs

**Eggs:** Boiled egg with wholemeal toast and fruit juice / scrambled eggs

**Fish:** Whitebait / cockles / mussels / oily fish – esp. sardines or pilchards / canned mackerel

**Fortified [?] cereals:** (NB. Check whether same problem as ‘fortified’ white bread. See below.)

**Game:** Pigeon / venison / partridge

**Green leafy vegetables:** Broccoli / watercress / kale / spring greens

**Herbs:** Stinging nettles / nettle tea

**Kidney**

**Meat:** Extra-lean beef / dark roast turkey

**Liver**

**Nuts and seeds:** Walnuts / pistachios / sesame seeds (also tahini) / cashews / peanuts / almonds / brazils / sunflower seeds

**Oats**

**Potatoes:** Especially sweet potatoes

**Pulses:** Baked beans / lentils / chickpeas / haricot beans / peas / red kidney beans

**Quinoa**

**Wholemeal bread**

## Iron Deficiency

Iron deficiency can sometimes be caused by lack of vitamin B12, folic acid, or copper.

Red meat is recommended twice a week to avoid iron deficiency.

## **Absorption of Iron**

Avoid drinking tea when eating iron-rich foods, as it binds with the iron and reduces its absorption.

Vitamin C aids absorption of iron. Found in oranges, orange juice, sweet potatoes. Especially important where iron is derived from plants such as beaked beans, lentils, broccoli, because maximises transfer of iron from digestive system into blood.

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## **What the Bible Says About Healthy Living: Iron**

By Rex Russell, M.D.

### **Fortified white bread**

“90% of the natural nutrients and fibre found in grain [has been stripped away]. Because of our many health problems, the government [USA, also in UK] requires that four nutrients be added back to white flour *after its natural nutrients have been processed out*. Then they call this flour ‘enriched’! ... the iron used for enrichment cannot be adequately absorbed in some forms, and in others it can be toxic” [pp. 115-116].

### **Clean meat**

“The flesh of clean animals such as beef, ... contain proteins, iron, zinc and vitamins B6 and B12” [p. 145].

### **Dried fruit**

“Dried fruit has a high concentration of minerals (iron, copper and potassium), fibre and beta-carotene.”

BUT:

“Be aware that dried fruit has as high as 70% fructose sugar, and that vitamin C is lost in the drying process. If you eat a large amount of dried fruit, you may ingest too much in the way of simple sugars” [p. 189].

### **Breast milk v. formula milk**

“In a recent [date?] article about breast feeding, Dr. Paul Palma discussed the increased bioavailability of several micronutrients (iron, vitamin D, zinc, etc.) when presented to the infant’s digestive system in the exact balance found in human breast milk. These micronutrients are utilised by the infant much more efficiently than with any possible supplementation. If the human milk is pasteurised, much of the bioavailability is lost. Could this happen in other kinds of milk also” [p. 214].

### **Coca-Cola**

“Coca-colas ... have ... additives such as phosphorous, which ... causes the kidneys to excrete ... iron, which is needed for blood” [p. 228].