

Iron for Athletes

- Eat three iron rich food sources per day (See table below).

IRON CONTENT OF SELECTED FOOD

Food	Amount	Iron (mg)	Food	Amount	Iron (mg)
Broiled Sirloin Steak, lean	2.5 oz	2.4	Peanuts, Dry Roasted	1 cup	0.7
Hamburger, McDs(w/roll)	1	2.29	Sunflower Seeds, Dry Roasted	¼ cup	1.18
Roasted Chicken Breast	3 oz	0.9	Chickpeas, boiled	¼ cup	1.19
Fish Fillet, Mrs. Paul's Frozen	4 oz	1.4	Green Beans, raw/cooked	1 cup	1.6/1.2
Ham, lean	2.5 oz	0.8	Spinach, boiled	½ cup	3.21
Turkey, w/o skin, roasted	3.5 oz	1.06	Broccoli, cooked	1 cup	1.8
Tofu, firm, raw	½ cup	13.19	Apricots, dried sulfured	5 halves	0.825
Potato, baked w/ skin	1	0.616	Prunes, dried	5	1.04
Tomato Juice	6 oz	1.06	Raisins	¼ cup	0.78
Prune Juice	6 oz	2.27	Carnation® Instant Breakfast™	8 oz	5.78

- Eat lean red meat three times per week.
- Consider drinking a small amount of 100 % citrus juice with meals.
- Try cooking in an iron skillet (an acidic sauce, like tomato may help even more).
- Add enhancing factors to meals and snacks to help with iron absorption. For instance, drink orange juice in the morning with iron-fortified cereal instead of coffee or tea.
 - Enhancing factors include: tomato products, oranges or citrus juice, melons, lemons, strawberries, green peppers and meat, fish or poultry.
- Avoid inhibiting factors at meals and snacks as these may interfere with iron absorption. For example avoid drinking tea, coffee or soft drinks and chocolate at meal and snack time.
 - Inhibiting factors include: coffee (both regular and decaf), tea, soft drinks, high fiber foods and zinc, calcium or phosphate supplements.

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If you are concerned with your iron intake, talk to your physician or dietitian about a multivitamin/mineral with no more than 100 % of the RDA for iron and zinc.

Start the day off right; eat a high iron cereal at breakfast or as a snack later on in the day.

Cereal	Amount	Iron Content (mg)
Kellogg's Frosted Mini-Wheats	1 cup	16.2
Nabisco Team Flakes	1 ¼ cup	8.1
General Mills Corn Flakes	1 cup	8.1
Honey Nut Cheerios	1 cup	4.5
Golden Grahams	¾ cup	4.5

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