

Iron Content of Food

100g cooked food	Iron (mg)	100g cooked food	Iron (mg)
meat:		dried fruits:	
beef	2.8	raisins	3.8
mutton	2.7	dried preserved apricots	3.4
pork	1.3	black dates	3.7
chicken	0.8	glaced dates	3.5
fish	0.5	Chinese jujube (red dates)	2.3
dried shrimps	11		
egg:		whole-grains:	
chicken egg	1.9	whole-wheat breakfast cereals	12
offals:		cornflakes	6.7
pig liver	17	instant oatmeal	3.8
beans and bean products:		whole-wheat bread	2.7
black bean	7.2	white bread	1.6
red bean	3.1		
mung bean	1.4	green leaf vegetables:	
soybean	3.0	spinach	1.6
hyacinth bean	4.0	broccoli	1.0
catjang	1.9		
soybean stick	16.5	others:	
nuts:		agaric	46
sesame seed	10.4	dried lily	7.8
hazelnut	3.2		
almond	3.0		
walnut	2.9		
peanut	2.5		

References: 1) McCance and Widdowson's. The Composition of Foods Fifth revised and extended edition. 1992

2) 飲食與健康指南及華南食物成分，中文大學出版社，1991。



- Though offals are rich in iron, they also contain a high level of cholesterol. Therefore, eating too much is not recommended
- Food that would hinder the absorption of iron should be taken less, for examples, tea, coffee, and dietary fibre supplement
- Avoid taking iron supplement unless under doctor's advice. Excessive iron would affect the absorption of other minerals and over-accumulation of iron in your body would result in harmful effects

Get to Know



Deficiency Anaemia

Function of Iron

Iron is an essential element for making red blood cells. Iron deficiency can lead to anaemia.

The Impact of Iron Deficiency Anaemia to the Body

Young people, especially females, have higher chances of developing anaemia as a result of iron deficiency caused by being partial to certain kinds of food or on a diet, in addition to their periodical blood loss during menstruation. They tend to be pale, tired and unable to concentrate on their study. They may also have other symptoms such as dizziness, poor appetite, stomach upset or lowered body immunity.



Prevention

In order to prevent iron deficiency anaemia, it is essential to develop a healthy dietary habit and eat according to the “Food Pyramid”. One should also learn to choose iron-rich food. In U.S., the recommended daily requirement of iron for children and youths is:

Daily requirements(mg)		
Age	Male	Female
4-8	10	10
9-13	8	8
14-18	11	15

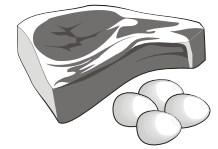
Sources: Institutes of Medicine, National Academy of Sciences, U.S.

Iron-rich Food

Iron-rich food can fall into two categories, namely, animal products and vegetables:

1. Animal products

- Meat, especially red meat like beef, mutton and pork. The iron content in fish and poultry is lower than red meat
- Egg
- Offals such as pig liver, giblets



2. Vegetables

- Beans such as black bean, red bean, mung bean, soybean and soybean products like dried beancurd stick, beancurd sheet and beancurd
- Nuts like peanuts, hazelnuts, sesame seeds, almonds, lotus seeds, melon seeds and various nut products such as peanut paste, lotus seed sweet soup, sesame seed paste
- Dried fruits such as raisins, dried preserved apricots, glazed dates, black dates, Chinese jujube (red dates), figs
- Whole-grains such as brown rice, oatmeal, whole-wheat bread, iron-enriched instant cereals
- Green leaf vegetables such as boxthorn leaf, green beans, Choy Sum, Chinese cabbage, spinach, broccoli
- Others such as agaric, tremella, dried lily



Since vitamin C can facilitate the absorption of iron contained in vegetable food, so when you are having these iron-rich food, you should also eat some food that is rich in vitamin C, e.g. orange, mandarin orange, plum, orange juice, kiwi fruit and fresh vegetables.

Suggested Menu: Whole-wheat bread with peanut butter + fresh orange juice
: Stewed mixed vegetables with fresh beancurd sheet
+ stir-fried Chinese cabbage