ELEV8 HEALTH & WELLNESS

IRON SOURCES

Recommended Dietary Allowance (RDA) minimum amount needed daily in order to prevent deficiency in >98% of a healthy population.

RECOMMENDED DIETARY ALLOWANCE				
Age	**Female**	**Male**	**Pregnancy**	**Lactation**
0-6 months	0.27 (AI, not RDA)	0.27 (AI, not RDA)		
7-12 months	11mg	11mg		
1-3 years	7mg	7mg		
9-13 years	8mg	8mg		
14-18 years	15mg	11mg	15mg	10mg
19+ years	8mg	8mg		
19-50 years	18mg		27mg (starting 14 years old)	9mg
50+ years	8mg			

Animal sources of iron both contain HEME and NON-HEME iron. 50-60% of iron found in meat, poultry and seafood products will come in Heme Iron form. Heme iron is more efficiently absorbed by our digestive system than non-heme iron; all you need is healthy levels of acidity in the stomach in order for the heme to be released from the animal tissue.

Plants do not contain heme-iron, only non-heme iron form.

Non-Heme iron is both found in animals and plants. Non-heme iron requires more processing steps in order for our body to absorb the iron through our digestive system.

Non-heme iron also competes for absorption with other minerals.

Some ways to increase the absorption of non-heme iron is to combine your iron sources with the following enhancers of absorption:

- Acids: vitamin C (ascorbic acid), citric acid. 75mg of vitamin C taken with iron-rich foods or a supplement can maximize non-heme absorption.
- Meat: eating plant sources of non-heme iron with meat products can enhance the absorption of non-heme.

Foods to avoid while eating iron sources as they are known to inhibit iron absorption

- Polyphenols: There are antioxidant compounds found in tea and coffee that when consumed with an iron-rich meal, can reduce iron absorption by 60%. Drinking coffee after a meal can reduce iron absorption by 40%.
- Oxalates: found in spinach, chard, berries, chocolate and tea.
- Phytates: Found in whole grains, corn and legumes, these compounds bind positively charged minerals such as iron, reducing the amount available for absorption. Fermentation of these foods can reduce phytate content.
- High levels of Calcium and Phosphorus: Milk/Calcium ingestion with an iron meal can reduce iron absorption by 70% (about 300mg of calcium is needed to reduce absorption by this amount).

HEME IRON SOURCES (MEAT SOURCES)		
Food	**Serving**	**Amount (miligrams)**
Liver (Chicken, Pork, Turkey, Lamb, Beef), cooked	3 ounces (85g)	15mg
Octopus, cooked	3 ounces	8.1mg
Oyster	3 ounces	4-5mg (raw) up to 6-7mg (cooked)
Clams, canned	3 ounces	3mg
Sardines, canned	1 can (3.75 ounces)	2.7mg
Beef, various cuts, cooked	2.5 ounces	1.7 - 3.3mg
Ground red meat (beef, lamb), cooked	2.5 ounces	1.3mg - 2.2mg
Fish (Mackerel, trout, bass)	2.5 ounces	1.4mg - 1.7mg
Chicken, various cuts, cooked	2.5 ounces	0.4mg - 2.0mg

NON-HEME IRON SOURCES (PLANT SOURCES)		
Food	**Serving**	**Amount (miligrams)**
Tofu, cooked	1/4 block (116g)	6.2mg
Lentils, cooked	125g (1/2 cup)	3.6mg
Dandelion greens, raw	100g	3.0mg
Spinach, cooked	100g	2.7mg
Beet greens, raw	100g	2.57mg
Asparagus	100g	2.0mg
Coconut, shredded	80g (1 cup)	1.94mg
Leek	1 leek	1.9mg