

Signs & Symptoms of Iron Deficiency

The Centers for Disease Control and Prevention state that too little iron can impair body functions. Most physical signs and symptoms do not show up unless iron deficiency anemia occurs.

Someone with early stages of iron deficiency may have no signs or symptoms.

Signs of iron deficiency anemia include:

- Feeling tired and weak
- Decreased work and school performance
- Slow cognitive and social development during childhood
- Difficulty maintaining body temperature
- Decreased immune function, which increases susceptibility to infection
- Glossitis (an inflamed tongue)

If you think you have an iron deficiency, it is important to see your healthcare provider.

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Steps to an Iron-Rich Diet



Jefferson County Public Health

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Why Do You Need Iron?

Everyone needs iron to stay healthy.

Iron makes red blood cells that carry oxygen throughout the body. If your blood is low in iron, you can get iron deficiency anemia.

Anemia can make you:

- Look pale, feel tired and weak, act cranky
- Eat Poorly
- Not grow well
- Get sick easily
- Have trouble learning

Vitamin C Can Help

Eating foods rich in Vitamin C can help your body absorb Iron. Below is a list of Vitamin C rich foods.

Vegetables

Tomatoes
Broccoli
Cauliflower
Brussel
Sprouts
Peppers



Fruits

Oranges
Grapefruits
Strawberries
Kiwi
Cantaloupe
Mango



How Can I Get Enough Iron?

Eat high iron foods every day.
Choose foods from the list below.

Cereal

Cheerios
Kix
Total



Vegetables

Peas
Spinach



Meat

Lean Beef
Pork
Game Meats
Chicken
Turkey
Ham



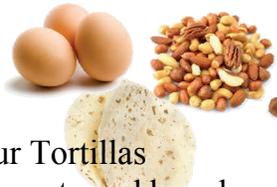
Fish

Canned Tuna
Shrimp



Other

Eggs
Tofu
Nuts
Corn and Flour Tortillas
Enriched rice, pasta and bread
Dried Fruit



Other Ways to Get More Iron

Drink milk, juice, or water with meals. Coffee and tea lessens the amount of iron your body takes in from the food you eat. If you drink coffee or tea, drink them between meals.

Wean children from the bottle by one year of age. Many children who keep using the bottle after one year drink too much milk. Milk is nutritious but has no iron.

Take an iron supplement if recommended by your doctor.

Iron Rich Snack Ideas

- ✓ Tortilla Chips with Bean Dip
- ✓ Meat Spread on Crackers
- ✓ Bean Burrito
- ✓ Meat Sandwich
- ✓ Quesadilla

Can You Get Too Much Iron?

You're not likely to get too much iron from the foods you eat, but it is possible to get too much iron from supplements. Take only the amount of iron supplements that your doctor recommends. Too much iron can be toxic.