

Keep an Eye on your Iron

Why is iron important in the diet?

Iron from the diet is used to make red blood cells - these carry oxygen in the blood.

If the body's store of iron becomes low, new red blood cells cannot be made and the symptoms of iron deficiency anaemia can develop.

What are the symptoms of iron deficiency anaemia?

Iron deficiency anaemia can make you feel tired and breathless, low in energy, irritable and reduce your appetite.

If you have Cystic Fibrosis, these symptoms could make you feel more unwell, particularly when you have a chest infection. These symptoms are easily preventable if you regularly eat foods containing iron.

How much iron do you need?

Men	-	9 mg per day
Women	-	15 mg per day

Eating a varied diet including foods which are good sources of iron can help prevent low levels of iron and anaemia.



Foods containing iron include:

Meat and meat products

Red meat such as beef and lamb are very good sources of iron, because the body is more able to absorb these.

The best sources of iron come from offal foods e.g. liver, kidney.

Food	Amount of iron
2 faggots	12.5mg
2 slices of lambs liver	8mg
8oz (raw weight) rump steak	4mg
2 tablespoons minced beef	3mg
Individual steak and kidney pie	3mg
1 large slice roast beef	2mg
3 slices roast lamb (90g)	2mg
Liver pate (45g)	3mg

Chicken and pork do not contain a good source of iron, but can still be included in your diet.

Ensure you include a variety of iron rich foods in your diet everyday

Other sources of iron:

Other sources of iron are found in cereals, pulses, beans and fruit. The body is less able to absorb the iron from these plant and vegetable sources than compared to meat products, but you should still try to include some in your diet.



A bowl of fortified breakfast cereal (e.g. Rice Krispies, Frosties, Cheerios, Ready Brek) is also a good source of iron and contains between 3-5 mg per portion.

Food	Amount of Iron
Chick peas, 1/2 tin	6mg
Small tin sardines in tomato sauce	5mg
Liquorice Allsorts, small bag	4mg
Bowl of lentil dahl	3mg
Small bag cashew nuts	3mg
Small tin baked beans	2mg
2 slices wholemeal bread	2mg
1 medium chapatti	2mg
Toasted teacake	2mg
2 slices malt loaf	2mg
2 fried/boiled eggs	2mg
1 large Scotch egg	2mg
100g soya mince	2.6mg
1 large slice rich fruit cake	1.5mg
Small handful dried fruit e.g. raisins	1.5mg
Small bar plain chocolate	1mg
Small bag dry roasted peanuts	1mg

How can I meet my iron requirements?

Below is a sample meal plan which shows how foods high in iron can be included in your diet. This plan could provide up to **20mg** of iron.

Breakfast:

Fortified breakfast cereal with milk, glass of orange juice

Mid morning:

2 slices of malt loaf

Lunch:

2 slices wholemeal bread with 2 slices roast beef

Or bean/lentil soup with bread and butter

Or baked beans on 2 slices wholemeal bread

Chocolate bar

Fruit squash with added vitamin C

Mid afternoon:

Toasted teacake

Evening meal:

Steak and chips

Or 2 fried eggs on 2 slices wholemeal toast

Or lentil curry and 2 chapattis

Or three bean curry and rice

Fruit squash with added vitamin C

Iron and Vitamin C

As well as eating a varied diet including foods containing iron, it is recommended to take some food containing Vitamin C at the same time. This helps the body to absorb the iron in the food.

Good sources of Vitamin C include fruit juices and cordials e.g. blackcurrant juice or Ribena and C Vit or other fortified blackcurrant cordials.

Or-



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juices,



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Did you know?

Drinks such as **tea**, **coffee** and **cocoa** will reduce the absorption of iron if they are taken at same time of a meal. This means the body is less able to use the iron from the food.

It is much better to avoid these drinks at mealtimes, try a glass of fruit juice instead.



Contact us:

If you have any questions or concerns regarding this information, please contact one of our CF Dietitians: on 0121 424 1796 (direct line with answer phone) , mobile 07794 375776

Or 0121 424 2000 Bleep 2425/2965/2734 Or email: Joanne.barrett@heartofengland.nhs.uk, Elizabeth.glennon@heartofengland.nhs.uk, Toni.osborne@heartofengland.nhs.uk, Claire.roden@heartofengland.nhs.uk

Respiratory Directorate—Cystic Fibrosis

Information for Patients

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>, www.cysticfibrosis.org.uk, www.heartlandscf.org

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
- Treatment Centre at Good Hope Hospital Tel: 0121 424 9946

Clinic Entrance Solihull Hospital Tel: 0121 424 5616

or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

Patient Information Feedback email: patientinformationleafletfeedback@heartofengland.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

Patient Opinion: www.patientopinion.org.uk

I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them

