RON A Powerhouse Nutrient for Your Health

Getting enough iron helps:









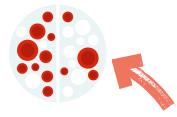


make red blood cells

transport oxygen throughout the body support healthy brain development

Your body needs more iron during:





Low iron can lead to anemia, a condition where your body makes fewer healthy red blood cells

Did you know?

Low iron levels can:

- affect the baby's development during pregnancy
- lead to developmental delays in young children
- cause fatigue, weakness and low productivity levels in adults

Who is at greater risk of low iron status?



1 in 10 children 1 in 4 women

aged 3 to 4 have low iron

Santé

Canada



aged 14 to 50 have low iron



Newcomers

to Canada are 2x as likely to have low iron

Source: Statistics Canada, Canadian Health Measures Survey 2012–2019 (cycles 3 to 6), ShareFile; Cooper et al. Population Iron Status in Canada: Results from the Canadian Health Measures Survey 2012-2019, Journal of Nutrition 2023 May;153(5):1534-1543.





Where can you get iron?



lean red meat, including wild game



eggs (yolk)



beans, peas, and lentils



dark green vegetables



nuts and seeds



fish and shellfish



enriched pasta/bread or whole grains

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL) pour 1 tasse (250 mL)

Calories 110

% Daily Value % valeur quotidienne

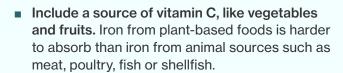
<u> </u>		
Potassium 450 mg	13	%
Calcium 30 mg	2	%
Iron / Fer 1.5 mg	8	%
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	,	

You can use the **Nutrition Facts** table to see how much iron is in the food



During **pregnancy** you should take a daily multivitamin containing iron

Quick tips to improve iron absorption:





Wait 1 to 2 hours after a meal to drink tea or coffee or to take calcium supplements such as antacids. Tea, coffee, and large amounts of calcium reduce iron absorption.



Acknowledgement: This data was made possible by a collaboration between Health Canada and Statistics Canada.

For more information, visit: www.canada.ca/en/health-canada/services/nutrients/iron.html

Talk to your doctor if you are concerned about your iron status.