

TIPS FOR IRON RICH DIET

1. Include lean red meat in your diet twice a week.
2. Choose iron-rich seafood to substitute red meat if preferred.
3. You can have 4-5 eggs per week (including egg yolk).
4. Limit liver products to once or twice per month.
5. Eat vitamin C rich foods with non-haem iron foods to enhance iron absorption especially for vegetarians. For example:
 - Fortified breakfast cereal + orange juice
 - Squeeze lemon juice on spinach salads
 - Eat a vitamin C rich fruit (eg: orange, grapefruit, pomelo) after dinner as a healthy dessert
6. Choose boiled egg, dried fruits or instant oatmeal as snacks especially for kids.

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- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
 - * Lok Fu: 5 mins by taxi
 - * Mongkok: by red line minibus, get off at Lomond Road
 - * Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
 - * Mongkok East: about 5 minutes by taxi
 - * Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154



St. Teresa's Hospital
聖德肋撒醫院

Iron-Rich Diet



Health Information

Iron-Rich Diet

Who needs an iron-rich diet?

- Pregnant women
- Patients with iron deficient anaemia
- Women at their reproductive age (age 19-50)
- Infant >6 months of age
- Pre-school children
- Young Females
- Elderly
- Vegetarians

Why do we need iron in our diet?

Iron is essential to deliver oxygen throughout your body including your brain, internal organs and muscles.

What happens if I am iron deficient?

Iron deficiency can lead to the following problems:

- Internal organ failure
- Delayed or impaired motor and mental development in children

● Signs and Symptoms include:

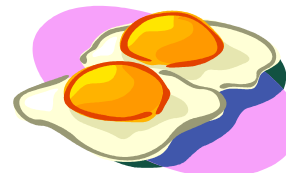
- ✧ Tiredness or Fatigue
- ✧ Fainting
- ✧ Dizziness
- ✧ Breathlessness
- ✧ Headaches
- ✧ Difficulty in sleeping
- ✧ Difficulty in concentration
- ✧ Pale looking
- ✧ Abnormal heart beat
- ✧ Abnormal menstruation
- ✧ Often feeling cold



Where can we find rich sources of iron from food?

1. HAEM IRON – IRON THAT IS EASILY ABSORBED

- Red meat: beef, pork, lamb etc.
- Seafood: clams, oysters, mussels etc.
- Egg yolk & liver (pork, beef, chicken)



2. NON-HAEM IRON – IRON THAT IS LESS ABSORBED BUT ABSORPTION CAN BE ENHANCED BY VITAMIN C

- Fortified breakfast cereals and instant oatmeal
- Green Leafy Vegetables: spinach, broccoli, kale, choy sum & bok choy
- Dried beans: baked beans, black-eyed peas & kidney beans
- Dried fruits: raisin, prunes, apricots & dates
- Nuts & seeds: pumpkin seeds, pine-nuts, cashew nuts & chestnuts



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