



# Iron Deficiency Anemia Quick Tips

Natural Relief for Human Suffering

**Disclaimer:** This document is for information purposes only. Do not interpret the information herein as a comprehensive text as it is only an informational snapshot. Qi documents may serve the following functions:

- Provide information on exploring beneficial options
- Serve as a guideline for understanding Traditional Chinese Medicine(TCM), herbs, supplements, etc.,
- Assist in correcting errors that may adversely affect health

Although this document should not be misconstrued as a personal medical diagnosis, it may be beneficial for persons that have been diagnosed with a particular condition. Please do not interrupt prescribed medications without speaking to your medical doctor.



# Iron Deficiency Anemia Considerations

1) Combine Iron with Vitamin C or other acidic ingredients.

**Method:** Complement meat and poultry dishes with citrus fruits or tomatoes

Examples:

- Squeeze lemon or lime juice over poultry as part of a marinade
- Add tomatoes to beef stew
- Drink a glass of orange juice with your meal

**Rationale:** Combining vitamin C with iron can double absorption via a chemical reaction that adds an electron to iron making it more accessible to the body.

2) Prepare meals containing heme iron (meat) with non-heme iron (vegetables)

**Method:** Prepare beef, poultry, and fish (heme iron) dishes, with legumes and high iron veggies (non-heme iron)

**Rationale:** Consuming heme iron and non-heme foods increase iron absorption

3) Some foods, medications, and herbs prevent or reduce iron absorption

**Potential Offenders:**

- Polyphenols like tannins in tea, coffee and nuts
- Calcium and phosphorus in milk
- Fiber and phyates (high bran and unmilled cereals) in nuts, soy food, whole grain cereals
- Oregano
- Antacids

**Corrective Measures:**

Since potential offenders can bind with iron reducing absorption to 1/3

- Avoid consumption of offenders with non-heme iron

Examples:

- No tea with a spinach salad
- No whole grain bread with broccoli

- Or consume offender items an hour before or after a meal

4) Review the chart to supplement your diet with the following foods

<i>Your Body Needs</i>	<i>Sources</i>
<b>Vitamin B12</b>	Lean meats, poultry, seafood, low fat dairy
<b>Vitamin C</b>	Cantaloupe, strawberries, citrus fruits & juices, tropical fruits, carrots, dark green leafy vegetables like turnips, cruciferous vegetables like cauliflower and cabbage
<b>Iron</b>	Dried fruit, raisins, lamb, chicken, seafood, vegetables, dark green leafy vegetables, legumes, cream of wheat, fortified cereals