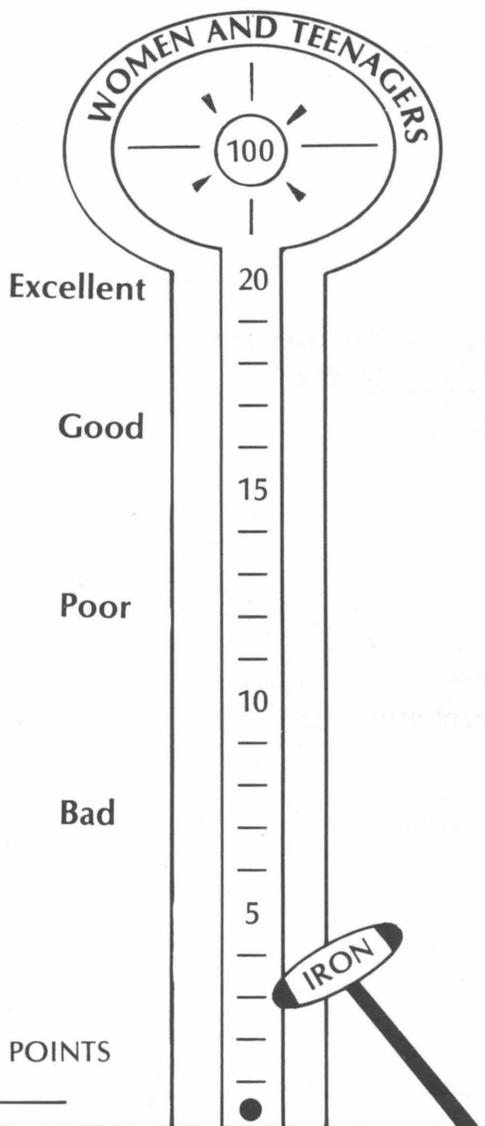
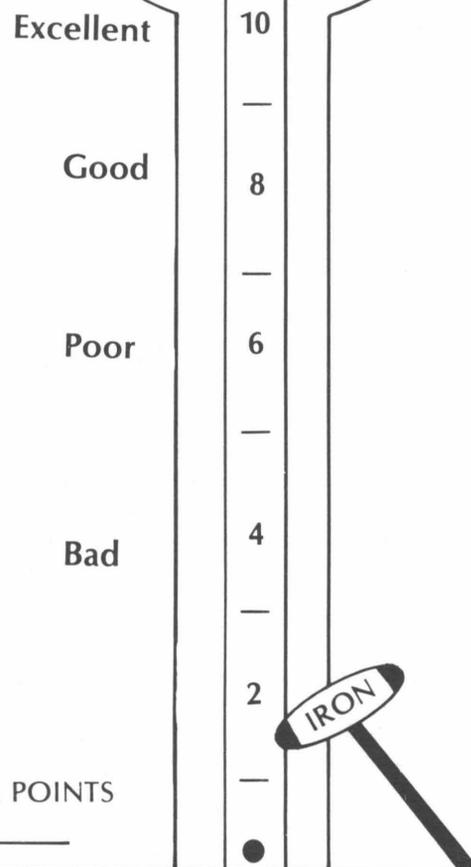
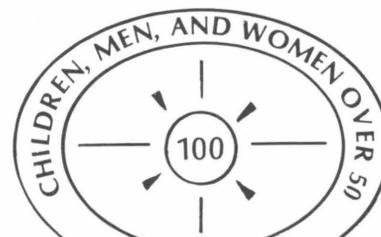


WOMEN AND TEENAGERS



A score of 15 to 20 means that you are getting between 75 and 100 percent of your recommended daily iron intake.  
 A score of 10 to 14 means that you need to start checking daily food habits.  
 A score below 10 means that you need to start looking carefully at food choices.

**I  
R  
O  
N**



A score of 8 to 10 means that you are getting between 80 and 100 percent of your recommended daily iron intake.  
 A score of 6 or 7 means that you need to start checking daily food habits.  
 A score below 5 means that you need to start looking carefully at food choices.

LD  
5655

# A762 IRON CHECKLIST DIRECTIONS

no. 348-370

1983

VPI

Spec

Check your food habits to rate your iron intake.

1. Begin by thinking what you had to eat in a 24-hour period. Either write the foods on the lines below; or check foods in each of the food groups.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. Next, figure your servings and iron points.

As you look through the foods on the list, a food is listed only once and not in its many forms. For example, baked potato, mashed potatoes, potato salad, french fries, and potato chips would all be scored under potato.

## STEADY AMOUNTS OF IRON

The foods listed along the left side have smaller amounts of iron. They are important because they have a steady supply of iron and contain many nutrients which work with iron. They are listed in the lightly shaded area.

Look at the serving size of the actual food and figure how many servings you had. Add up the servings. Example:

1 cup of applesauce = 2 servings

1/2 cup orange juice = 1 serving

1 1/2 cups of green beans = 3 servings

Total amount of servings is 6

Divide the total servings, (6 in this example)

6 divided by 3 = 2 which is the number of points you score in this area.

## IRON RICH FOODS

The iron rich foods have the number of points in the box by the food. Determine the servings you had and multiply them by the number in the box.

Example:

1/2 cup of peas is 2 points

If you had 1 1/2 cups of peas, your points would be, 3 servings times 2, a total of 6 points.

## HIGH CALORIE CHOICES:

Fats, sugars, and alcohol are not listed because they usually contain little or no iron. Higher calorie foods in the Bread-Cereal and in the Meat groups are shown in the dark shaded areas. Preparation, ingredients, and methods could add extra calories to any food item.

## IRON POINTS

If a food is not on the checklist, you can figure its iron points by knowing its iron content in a serving.

-1 iron point (1 share) equals about 0.9 milligrams iron. 20 shares for women and teenagers is the same as 18 milligrams (mg).

-If a food is not listed, look up the food in a nutrient source book and divide 0.9 into the amount listed.

## STEADY AMOUNTS OF IRON

Servings Divided by 3 = Points

Milk, 1 cup \_\_\_\_\_

Skim  
Low-Fat  
Whole



Cheese, 1 oz. \_\_\_\_\_

Cottage Cheese, 1/2 cup \_\_\_\_\_

Yogurt, 1 cup \_\_\_\_\_



Total Servings \_\_\_\_\_ Divided by 3 = Total Points \_\_\_\_\_

STEADY AMOUNT OF IRON POINTS \_\_\_\_\_

1/2 cup Serving:

Apple \_\_\_\_\_



Asparagus \_\_\_\_\_

Bean Sprouts \_\_\_\_\_

Beets \_\_\_\_\_

Cabbage \_\_\_\_\_

Carrots \_\_\_\_\_



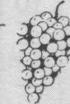
Cauliflower \_\_\_\_\_



Celery \_\_\_\_\_

Cranberries \_\_\_\_\_

Grapefruit \_\_\_\_\_



Grapes \_\_\_\_\_

Green Beans \_\_\_\_\_

Onion \_\_\_\_\_

Lettuce \_\_\_\_\_



Lime \_\_\_\_\_

Okra \_\_\_\_\_



Orange \_\_\_\_\_

Parsley \_\_\_\_\_

Peach \_\_\_\_\_

Pear \_\_\_\_\_

Pineapple \_\_\_\_\_



Plums \_\_\_\_\_

Summer Squash \_\_\_\_\_



Banana, 1 small  \_\_\_\_\_

Cantaloupe, 1/2 cup  \_\_\_\_\_

Cooked greens, 1/2 cup \_\_\_\_\_

Brussel Sprouts, 1/2 cup \_\_\_\_\_

Peas, 1/2 cup  \_\_\_\_\_

Pumpkin, 1/2 cup  \_\_\_\_\_

Strawberries, 1/2 cup  \_\_\_\_\_

Tomato, 1 small  \_\_\_\_\_

Winter Squash, 1/2 cup \_\_\_\_\_

Broccoli, 1/2 cup  \_\_\_\_\_

Corn, 1/2 cup  \_\_\_\_\_

Lima Beans, 1/2 cup  \_\_\_\_\_

Potato, 1 - 2 1/2"  \_\_\_\_\_

Rhubarb, 1/2 cup  \_\_\_\_\_

Sweet Potato, 1 small  \_\_\_\_\_

Watermelon, 4" x 8" wed



Total Servings \_\_\_\_\_ Divided by 3 = Total Points \_\_\_\_\_

STEADY AMOUNT OF IRON POINTS \_\_\_\_\_

# Iron Checklist

servings Multiplied by the  
number in Box = Points

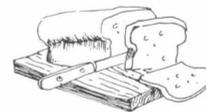


Chocolate Milk, 1 cup **1** \_\_\_\_\_  
 Custard, 1 cup **1** \_\_\_\_\_  
 Topping, 1 cup **1** \_\_\_\_\_



MILK POINTS \_\_\_\_\_

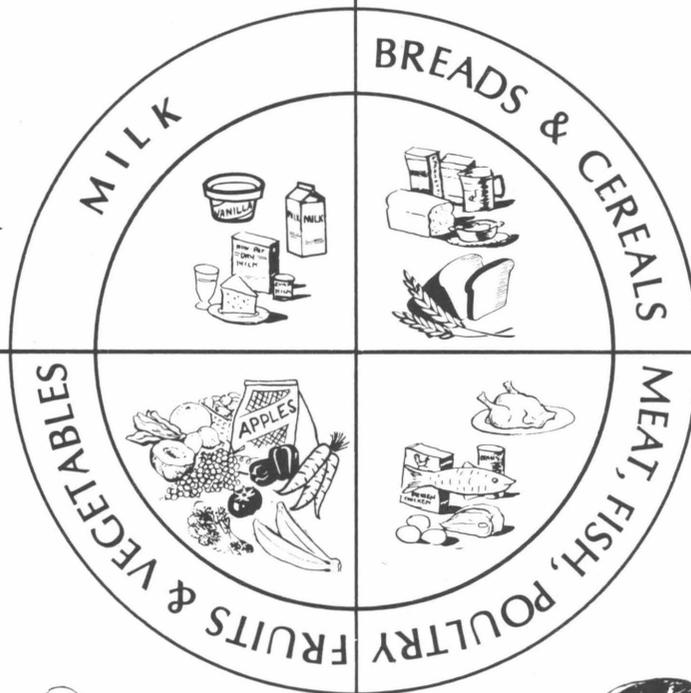
Biscuits, 2 - 2" **1** \_\_\_\_\_  
 Corn Bread, 1 piece **1** \_\_\_\_\_  
 Cooked Cereal, 1/2 cup **1** \_\_\_\_\_  
 Ready-To-Eat Cereal\*, 1 oz. **1** \_\_\_\_\_  
 Macaroni, 1/2 cup **1** \_\_\_\_\_  
 Noodles, 1/2 cup **1** \_\_\_\_\_  
 Roll, 1 small **1** \_\_\_\_\_



Waffle, 4 1/2" **1** \_\_\_\_\_  
 Bread, 1 slice **1** \_\_\_\_\_  
 Crackers, 4 **1** \_\_\_\_\_  
 Muffin, 1 - 3" **1** \_\_\_\_\_  
 Rice, 1/2 cup **1** \_\_\_\_\_  
 Spaghetti, 1/2 cu \_\_\_\_\_  
 Tortilla Chips, 1 \_\_\_\_\_  
 packag \_\_\_\_\_

BRE \_\_\_\_\_

\*Iron content may be higher c



**2** \_\_\_\_\_

**1** \_\_\_\_\_



**1** \_\_\_\_\_



Large **2** \_\_\_\_\_



### DRIED FRUITS

Apricots, 5 med. halves **1** \_\_\_\_\_  
 Dates, 5 **1** \_\_\_\_\_  
 Peach, 2 halves **1** \_\_\_\_\_  
 Prunes, 5 **2** \_\_\_\_\_  
 Raisins, 2 Tbsp. **1** \_\_\_\_\_



FRUIT AND VEGETABLE  
 POINTS \_\_\_\_\_

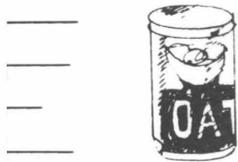


Chicken, 1/2 cup (3 oz.) **2** \_\_\_\_\_  
 Egg, 1 **1** \_\_\_\_\_  
 Beef, 3 oz. **3** \_\_\_\_\_  
 Pork, 3 oz. **3** \_\_\_\_\_  
 Liver, 3 oz. **8** \_\_\_\_\_  
 Clams, 3 oz. **5** \_\_\_\_\_  
 Shrimp, 3 oz. **2** \_\_\_\_\_



Lamb, 2 oz. **2** \_\_\_\_\_  
 Veal, 3 oz. **3** \_\_\_\_\_  
 Fish, 3 oz. **1** \_\_\_\_\_  
 Oysters, 8 **6** \_\_\_\_\_  
 Dry beans or dr \_\_\_\_\_  
 Tofu (1/4 block \_\_\_\_\_

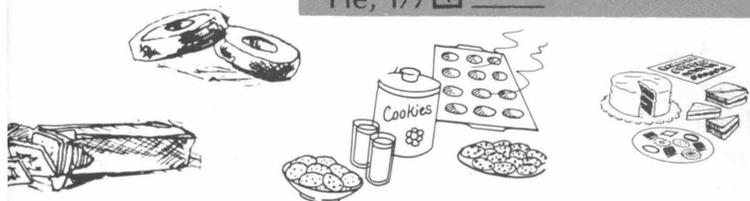




### HIGH CALORIE CHOICES

- Choc. cake, 1/16 piece  \_\_\_\_\_
- Plain Cake, 1/16 piece  \_\_\_\_\_
- Coffee Cake, 1/6 piece  \_\_\_\_\_
- Fig Bars, 4  \_\_\_\_\_
- Choc. Chip Cookies, 4  \_\_\_\_\_
- Doughnut, 3 1/2"  \_\_\_\_\_
- Pie, 1/7  \_\_\_\_\_

p  \_\_\_\_\_  
 oz., small  
 \_\_\_\_\_



**BREAD AND CEREAL POINTS** \_\_\_\_\_

depending on amount of fortification.



- Bacon, 3 slices  \_\_\_\_\_
- Hotdog, 2 oz.  \_\_\_\_\_
- Braunschweiger, 1 oz.  \_\_\_\_\_
- Luncheon Meat, 1 oz.  \_\_\_\_\_
- Sardines (in oil), 3 oz.  \_\_\_\_\_
- Tuna (in oil), 3 oz.  \_\_\_\_\_
- Peanut butter, 4 Tbsp.  \_\_\_\_\_
- Peanuts, 20 large  \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

peas, 1 cup cooked  \_\_\_\_\_

- 4 1/2" x 3" x 2 1/2")  \_\_\_\_\_



**MEAT POINTS** \_\_\_\_\_

### 3. Add up your iron score.

Add scores in each group and write in the appropriate space.

#### MILK GROUP

Milk points \_\_\_\_\_  
 Steady amounts of iron \_\_\_\_\_

#### FRUITS AND VEGETABLES

Fruit and Vegetable points \_\_\_\_\_  
 Steady amounts of iron \_\_\_\_\_  
*Bonus: If you had 4 servings of fruits and vegetables, score an extra point* \_\_\_\_\_

#### BREADS AND CEREALS

Bread and Cereal points \_\_\_\_\_

#### MEAT, FISH, AND POULTRY

Meat points \_\_\_\_\_

**TOTAL** \_\_\_\_\_

### 4. How well did you do?



- a. Turn over the front page.
- b. Find the group you belong in.
- c. Find your score on the scale.

#### ● WOMEN AND TEENAGERS

A score of 15 to 20 means that you are getting between 75 and 100 percent of your recommended daily iron intake.

A score of 10 to 14 means that you need to start checking daily food habits.

A score below 10 means that you need to start looking carefully at food choices.

#### ● CHILDREN, MEN, AND WOMEN OVER 50

A score of 8 to 10 means that you are getting between 80 and 100 percent of your recommended daily iron intake.

A score of 6 or 7 means that you need to start checking daily food habits.

A score below 5 means that you need to start looking carefully at food choices.

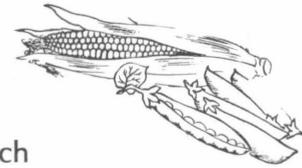
### 5. What one change could you make to improve your iron score?



# Iron

*Ann A. Hertzler*

Extension Specialist, Nutrition and Foods, Virginia Tech



Although iron works in every cell in the body, most of it is used with protein to make hemoglobin in red blood cells. Hemoglobin carries oxygen to all parts of the body. If hemoglobin is low, the body may tire easily because not enough oxygen is present for the body to work properly. This condition is called anemia. The body stores iron in the liver, the spleen, and in the bone marrow.

## IRON RECOMMENDATIONS

The Recommended Dietary Allowances, also called the R.D.A., are standards for nutrient intake for the American population. An intake of eighteen milligrams of iron is recommended daily for women and teenagers; 10 milligrams daily for men; and 10 to 15 milligrams daily for infants over 6 months, and for children.

Labels on food products use the term USRDA. The USRDA is the highest recommendation listed for any age-sex group over 4 years old. Thus, the number of milligrams recommended on labels will vary from the RDA.

## ANEMIA

Although iron deficiency anemia is the most common anemia in the United States, anemia can also be caused by a limited intake of such nutrients as protein, folic acid, or vitamin B-12. All of these nutrients help make red blood cells. Although anemia could result from heavy blood loss, it is usually caused by a poor diet which lacks many nutrients.

Anemia is most common in women and children. Women and teenage girls need more iron than men because of menstrual losses. Children and pregnant women need extra iron because new tissue is being built.

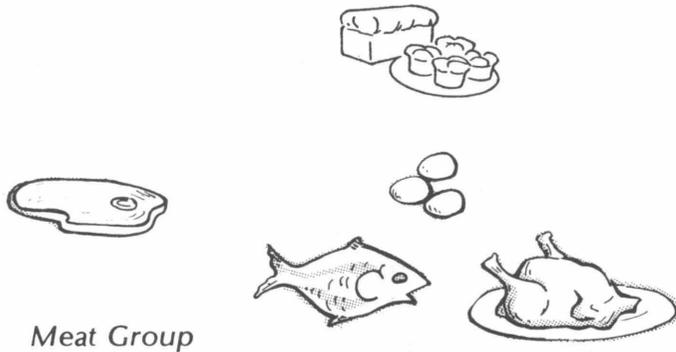
Severe cases of anemia usually require supplementary iron in the form of pills. However, you can prevent anemia by being careful to eat foods which are rich in iron and those nutrients which help iron do its work. For instance, iron is used more efficiently by the body if Vitamin C is present. So, check your dietary habits for servings of fruits and vegetables high in Vitamin C.

## IRON IN THE DIET

Average selections from the recommended adult servings from the Food for Fitness Guide, Pub. No. 348-906, provide about 10 milligrams of iron, plus the many nutrients with which iron works in the body. The 10 milligrams meet the recommended amounts for men, but only about half of the recommended 18 milligrams for women and for teenagers. Women and teenagers need to select food carefully for iron content in order to meet their recommended intake. If they make careful choices, the iron content of foods from the Food for Fitness Guide can come close to meeting their iron needs.

Except for liver, no one food is a concentrated source of iron. Iron is usually associated with the more colorful foods—red meats, dark green vegetables, and the browns of whole grains. Select these kinds of foods to ensure adequate iron intake.

Iron is added to the diet if foods are cooked in iron pots and pans.

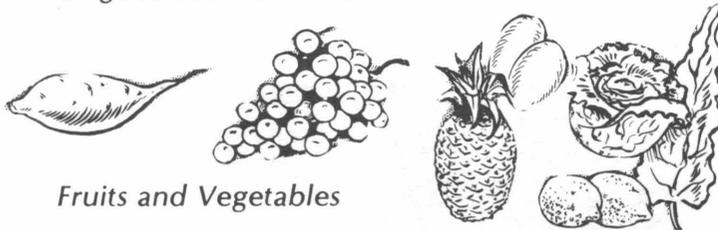


*Meat Group*

Most of the foods in the Meat Group are good sources of iron, but some are better than others. The iron in meats, fish, and poultry is especially well used by the body.

Liver is the one concentrated source of iron. Meat, eggs, dried beans, and nuts have a little more iron than poultry and fish. The dark meat of poultry has more iron than light meat.

Legumes, dried peas and beans, and nuts are all good sources of iron.

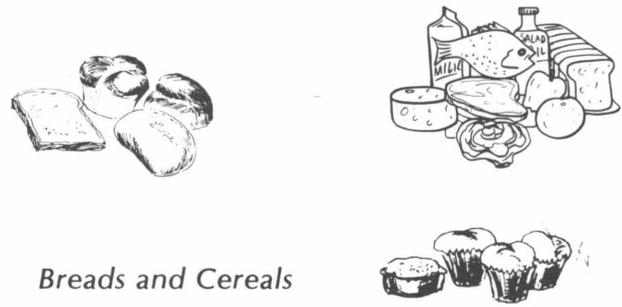


*Fruits and Vegetables*

Iron foods in the fruit and vegetable group are often dark green or orange. Dark green, leafy vegetables such as spinach, collards, broccoli, kale, and turnip greens are high in iron content. But white lettuce, white cabbage, celery, and green beans have small amounts of iron.

Although other fruits and vegetables usually have smaller amounts of iron than the dark green and orange ones, they are still good choices because they tend to be low in calories and provide a steady source of vitamins and minerals.

There is an old belief that any red food or beverage indicates a concentrated source of iron. Except for meat, this is not so. Therefore, the idea that one should include red beets and red wine in the diet for iron is mistaken.



*Breads and Cereals*

Whole grain and enriched breads and cereals provide steady amounts of iron and other nutrients. Many cereal products are fortified with higher amounts of iron. These usually cost more. Read labels to learn how much iron is in a serving.



*Milk*

Although milk is called the most nearly perfect food, it contains a low supply of iron. However, iron in breast milk is well used by the baby. Infant formulas are usually fortified with iron. The first baby foods added to the baby's diet are usually foods with iron, such as fortified cereal and egg yolk.



*Fats, Sugars, and Alcohol*

Fats, sugars, and alcohol are high in calories, but low in nourishment. They contain mostly energy with few other nutrients.

The darker the sugar, the higher the iron content. Thus, black strap molasses is a fairly good source of iron. The problem is that black strap molasses is not used in great amounts in food preparation and excessive amounts could result in extra calories and in tooth decay.

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Dean, Extension Division, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.