



Iron is a mineral. Because the body cannot make iron, it is called an “essential” nutrient and must be supplied by the diet or iron supplements.

How do I maintain or improve my intake?

- Eat foods high in iron
- If prescribed, take my iron supplement as directed
Dose _____
- Other actions _____

Why should I care?

Most of the body’s iron is in the blood. Iron plays an important role in carrying oxygen from the lungs to all of the cells in the body and it is also needed for other functions in the body. It is very important to get enough iron everyday. Not having enough iron in your blood cells is called anemia. Not getting enough iron from the foods you eat is called iron deficiency anemia. Losing blood during menstruation or other forms of bleeding can also cause anemia. Having infections for a long time can cause another kind of anemia called anemia of chronic inflammation. Your CF Center medical team can determine if you are anemic and if you need iron supplementation.

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How much iron do I need?

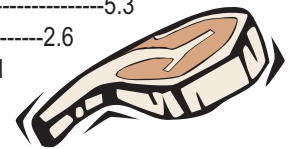
There are no specific recommendations for daily iron intake for people with CF. Most people can get enough iron from food, but sometimes an iron supplement is needed. The daily recommended iron intake from food and supplements for all people is:

Age	Iron (mg)
0 to 12 months	11
1 to 3 years	7
4 to 8 years	10
9 years and older	8 to 27

What are the best sources of iron?

There are two forms of iron in food- heme and nonheme. Heme iron is found in animal protein such as beef and beef liver. Nonheme iron is found in non-animal protein foods like lima beans, kidney beans, lentils, dark green vegetables, and enriched and fortified cereals. The body is better able to absorb heme iron, but both types of iron are important for overall health. Nonheme iron and iron supplements are absorbed better if taken with a vitamin C source such as orange juice or another vitamin C-rich food.

Food	Mg Iron
Heme Iron	
Beef liver (3 ounces)	5.3
Beef (3 ounces)	2.6
Chicken (3 ounces)	1.1
Nonheme Iron	
Total® cereal	13.5
Farina cereal (1 cup)	12
Cheerios® (1 cup)	8.4
Kidney beans (½ cup)	2.6
Spinach (½ cup)	2.4



Can I get too much iron?

You can get too much iron so it is best not to take an iron supplement without talking to your CF Center medical team. If you need to take iron supplements, ask your CF Center medical team how to take the supplement for best absorption and fewer side effects.



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