# Blue Sky FHT Newsletter
# Focus on Iron

September 1, 2016

## Are you at risk for low iron?

**VEGETARIANS OR VEGANS**

Plant sources of iron are not as well absorbed, be sure to have a source of Vitamin C with it, like an orange or tomatoes.

**CHILDBEARING AGE & PREMENOPAUSAL WOMEN**

Childbearing age and premenopausal women may be at higher risk for iron deficiency.   The amount of iron needed increases if you are pregnant.

**ATHLETES**

Athletes may need more iron due to heavy activity and needs for oxygen transport.

## How Much Iron do you Need?

| Life Stage | Males (mg) | Females (mg) |
|---|---|---|
| 7-12 months | 11 | 11 |
| 1-3 years | 7 | 7 |
| 4-8 years | 10 | 10 |
| 9-13 years | 8 | 8 |
| 14-18years | 11 | 15 |
| 19-50years | 8 | 18 |
| 51 years and over | 8 | 8 |
| Pregnancy | | 27 |

*Have questions about Iron?  Ask your family doctor for a referral to see a Dietitian.*

**Blue Sky**
Family Health Team
Équipe de santé familiale

# Homemade Chilli

*Serves 8*

*Ingredients:*

500g Lean ground beef
15mL Canola oil
540mL Diced tomatoes, no added salt
398mL Beans in tomato sauce
398mL Red kidney beans
250mL Cooked lentils
250mL Red pepper, diced
250mL Green pepper, diced
250mL Onion, chopped
15mL Plain or hot chilli powder

**\*Substitute meat with BULGUR for a vegetarian option\***

## Nutrition Facts

Per serving

| Amount | % Daily Value |
|---|---|
| **Calories** 297 | |
| **Fat** 8.6g | |
| Saturated 2.6g | |
| + Trans 0.2g | |
| **Cholesterol** 29.7mg | |
| **Sodium** 423mg | |
| **Carbohydrate** 37.8g | |
| Fibre 8g | |
| Sugars 7g | |
| **Protein** 20g | |

Iron Content per serving - 4.5mg

*Directions:*
1. In a large saucepan or dutch oven over medium-high heat, brown meat until no longer pink, drain fat and set aside.
2. Heat canola oil in same saucepan. Sauté onions until sweating. Add meat to onions.
3. Add tomatoes, beans in tomato sauce, red kidney beans, lentils, green peppers, red peppers, onions and chilli powder.
4. Reduce heat and simmer, covered and stirring occasionally for 20-30 minutes.

## Food Sources of Iron

| Food | Amount | Iron (mg) |
|---|---|---|
| Cooked spinach | 1/2 cup | 2-3.4 |
| Tomato puree | 1/2 cup | 1.9-2.4 |
| Cream of wheat | 30g (dry) | 5.7-5.8 |
| Pork liver | 75g, 2.5oz | 13.4 |
| Lentils | 3/4 cup | 4.1-4.9 |
| Pumpkin/squash seeds | 1/4 cup | 1.4-4.7 |

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