

# Iron Deficiency Diet

## 1. Purpose

- a. Nutrition Indicators
  - i. diagnosis is determined through blood work (CBC).
  - ii. anemia
  - iii. low hemoglobin, low hematocrit
  - iv. fatigue, weakness
  - v. vitamin A deficiency
  - vi. pica
  - vii. brittle nails and skin, SOB, chest pain
- b. Criteria to Assign the Diet
  - i. Anemia
  - ii. decrease in serum ferritin levels
  - iii. high levels of transferrin
- c. Rationale for Diet
  - i. increase iron levels
  - ii. increase iron levels from both plant and animal sources
  - iii. manage anemia
  - iv. prevent development problems
  - v. prevent malnutrition
  - vi. increase energy levels

## 2. Population

- a. Overview
  - i. Anemia occurs most commonly in infants, growing children, women, pregnant women.
  - ii. Renal failure patients
  - iii. Patients with chronic inflammatory conditions.
- b. Disease Process
  - i. Anemia is due to lack of iron in the diet, or too much nonheme iron in relation to heme iron.
- c. Biochemical and Nutrient Needs
  - i. Increased iron

## 3. General Guidelines

- a. Nutrition Rx
  - i. iron:
    - Infants and Children
      - 0-6mths: 0.27 mg/day
      - 7-12mths: 11 mg/day

- 1-3 yrs: 7 mg/day
- 4-8 yrs: 10 mg/day
- 9-13 yrs: 8 mg/day
- Adolescents
  - Girls 14-18 yrs: 15 mg/day
  - Boys 14-18 yrs: 11 mg/day
- Adults
  - Men age 19 and over: 8 mg/day
  - Women age 19 and over; 18 mg/day
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- ii. energy: 25-35 kcal/kg. Energy requirements should remain at a level to maintain a healthy weight.
- iii. vitamin B-12 and folate at normal levels for age
- c. Goals
  - i. increase iron to healthy range
  - ii. manage iron if using supplements are being used, in order for poisoning to not occur.
- d. Does it Meet DRI
  - i. additional iron sources are needed through animal and plant proteins.
  - ii. additional fat-soluble vitamins may be needed: A
  - iii. vitamin B-12 supplementation may be needed to help absorption
  - iv. folate supplement may be needed

#### **4. Education Material**

- a. Nutrition Therapy
  - i. sample meal plan
  - ii. lists of foods to include/avoid
- b. Ideas for Compliance
  - i. provide above materials
  - ii. monitor client, as well as get verbal understanding of their diet plan expectation.

#### **5. Sample Menu**

- a. Foods Recommended: Chicken, Fish, Beef, Pork, Shellfish. Soybeans, beans, spinach, wheat, enriched cereals and bread, oatmeal.
- b. Diets to avoid: Diets low in meat.
- c. Example of a meal plan

Menu:

Breakfast:

1 c. Milk

1 c. Fortified Cereal

1/2 c. raisins

2 Scrambled Eggs

Lunch:

1/2c. Black Beans

1 oz. Chicken

1 Soft Shell Taco

2 tbsp. of cheese

2 tbsp. Salsa

Shredded Lettuce

1/2 c. Brown Rice

1 Medium Apple

6oz Low-fat yogurt

Dinner:

3oz. Fish

1/2 c. Risotto

1/2c. Spinach

1 Dinner roll

1c. Fruit Cup for dessert

Tea with Honey

## **6. Websites**

<http://www.anemia.org/patients/faq/>

<http://www.webmd.com/a-to-z-guides/understanding-anemia-basics?page=2>

<http://www.natural-homeremedies.com/blog/anemia-treatment-with-natural-remedies/>