

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

HIGH IRON DIET

Description

The high iron diet is based on the regular diet and emphasizes iron-rich foods. The diet provides at least 15 milligrams of iron a day.

Iron is important because it carries oxygen throughout the body. Most of the body's iron is found in the red blood cells. Iron is also stored in the liver, spleen, and bone marrow.

In the average diet, 10-20 mg of iron is eaten each day, but only about 10% is absorbed. Iron found in animal sources (heme iron) is better absorbed than iron found in fruits and vegetables (non-heme iron). The absorption of dietary non-heme iron is better when it is eaten with a food high in Vitamin C.

Indications for Use

Iron deficiency anemia is one of the most common forms of nutritional deficiency. Iron deficiency anemia, or low iron in the blood, may result from a low intake of high iron foods, higher needs for growth, or gastrointestinal problems such as diarrhea, malabsorption, surgery, and bleeding. Chronic inflammation may also cause iron deficiency anemia.

Nutritional Adequacy

The diet is adequate in all nutrients when planned to include a variety of foods from all food groups found in the USDA's Food Guide Pyramid. Adequacy of the diet depends upon the food choices of the individual.

Meal Plan

Breakfast	Lunch	Dinner
Orange juice ¾ cup Stewed prunes ½ cup Malt-o-meal ¾ cup Whole wheat toast 1 slice Margarine 2 tsp Jelly 1 tbsp Low fat 1% milk 1 cup Coffee/tea Cream/sugar	Split pea soup 1 cup Sliced roast beef 2 oz Whole wheat bread 2 slices Mayonnaise 1 tbsp Sliced tomato/lettuce Pear 1 medium Low fat 1% milk 1 cup	Spinach salad 1 cup With hot bacon dressing Broiled skinless chicken breast 3 oz White rice ½ cup Steamed broccoli ½ cup Whole grain roll 1 Margarine 2 tsp Bread pudding ½ cup beverage