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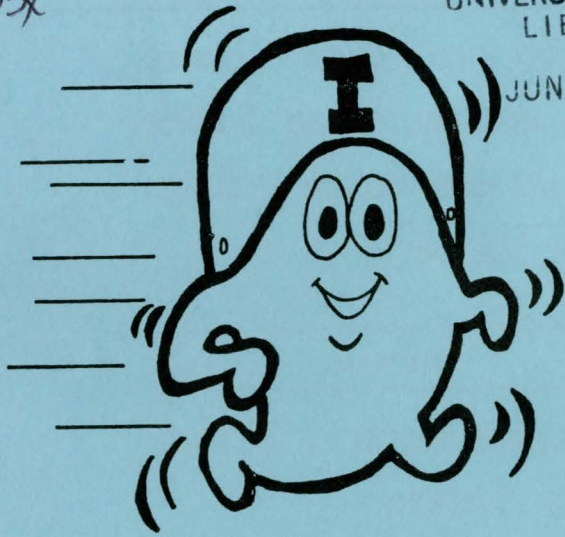
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HOW MUCH IRON ARE YOU EATING?

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IRON:

HELPS FORM RED BLOOD CELLS

HELPS CARRY OXYGEN IN BLOOD CELLS TO
ALL PARTS OF THE BODY

HELPS EVERY CELL IN THE BODY USE OXYGEN.

HOW MUCH IRON DO YOU NEED EACH DAY?

CHILDREN 0 - 6 MONTHS	60%	(10 mg)	FEMALES 11 - 50 YEARS	100%	(18 mg)
6 MONTHS - 3 YEARS	85%	(15 mg)	51 AND OVER	60%	(10 mg)
4 - 10 YEARS	60%	(10 mg)	NURSING MOTHERS	100%	(18 mg)
MALES 11 - 18 YEARS	100%	(18 mg)	EXPECTANT MOTHERS	100%	(18 mg) plus iron supplement
19 AND OVER	60%	(10 mg)			

Note: In this chart 100% is equal to the N.R.C. 1973 Recommended Daily Dietary Allowances for women 23 - 50 years; other percentages are in relation to it.

TO CHECK-UP ON THE IRON YOU ARE EATING, FOLLOW THESE STEPS:

1. WRITE DOWN WHAT AND HOW MUCH YOU HAD TO EAT AND DRINK SO FAR TODAY.
(IF YOU PREFER, WRITE WHAT YOU HAD TO EAT AND DRINK IN THE LAST 24 HOURS.)
2. CHECK TO SEE WHICH FOODS YOU ATE ARE ON THE LIST ON THE OTHER SIDE OF THIS SHEET. THEN WRITE DOWN THE PERCENT OF YOUR DAILY IRON NEEDS PRESENT IN THE FOODS YOU ATE. ADD UP THE PERCENTAGES. COMPARE WITH THE PERCENT YOU NEED (SEE CHART ABOVE).
3. PLAN WHICH FOODS YOU NEED TO EAT FOR THE REST OF THE DAY TO MEET YOUR IRON NEEDS, OR PLAN FOR TOMORROW IF YOU PREFER.



Extension work in "Agriculture, Home Economics and Subjects relating thereto,"
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Leo E. Lucas, Director

(OVER)

IRON IN FOODS--PERCENT OF DAILY NEEDS

30% EACH	4.6-6.2 mg
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BEANS, DRY COOKED 1 CUP *CEREALS, HIGHLY FORTIFIED, COOKED OR READY-TO-EAT 1/3 TO 1 CUP PRUNE JUICE 1/2 CUP	HEART, ANY KIND, COOKED 3 OUNCES KIDNEY, ANY KIND, COOKED 2 OUNCES LIVER, ANY KIND, COOKED 2 OUNCES OYSTERS 1/3 CUP
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15% EACH	2.3-3.0 mg
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BRAINS, ANY KIND, COOKED 3 OUNCES MEAT, SUCH AS BEEF, HAM, LAMB, PORK AND VEAL, COOKED, LEAN ONLY 3 OZ.	CLAMS, CANNED SOLIDS 1 1/2 OUNCE SARDINES 3 OUNCES SHRIMP 3 OUNCES
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5% EACH	.76-1.0 mg
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*CEREALS, ENRICHED OR WHOLE GRAIN, COOKED OR READY-TO-EAT 1/3 - 1 CUP RICE, NOODLES, MACARONI, SPAGHETTI, ENRICHED OR WHOLE GRAIN, COOKED 3/4 CUP CHICKEN OR TURKEY, COOKED 2 OZ. EGG 1 MED. FISH, COOKED OR CANNED 2 OZ.	FRANKFURTER 1 LINK LUNCHEON MEAT 1 OZ. DARK GREEN LEAFY VEGETABLES, COOKED 1/2 CUP PEAS, GREEN COOKED 1/4 CUP POTATO, WHITE OR SWEET 1 SM. OR 1/2 CUP TOMATO, FRESH 1 MED. OR CANNED 3/4 CUP TOMATO JUICE 1/2 CUP MOLASSES, LIGHT 1 TBSP, OR DARK 1 TSP.
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3% EACH	.46-.62 mg
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BREAD, ENRICHED OR WHOLE GRAIN 1 SLICE ROLL, BISCUIT, OR HOT BREAD, EN- RICHED, 1 SM. OR 1/2 LG. PEANUT BUTTER 2 TABLESPOONS PEANUTS 3 TABLESPOONS	PRUNES 3 MED. RAISINS 2 TABLESPOONS FRUITS (OTHER THAN THOSE MENTIONED) 1/2 CUP OR 1 MED. FRUIT VEGETABLES (OTHER THAN THOSE MENTIONED) 1/2 CUP OR 1 MED. VEGETABLE
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*Note: Cereals vary in iron content. Check labels for amounts.