

## Iron Sources Information Leaflet

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**Teenage girls and women under 50 years old should have 14.8mg of iron per day**

### Iron Sources

An average serving is roughly the size of a pack of cards.

<b>Roast Beef</b> contains	<b>2.3mg</b>	Per average serving
<b>Bran Flakes</b> contains	<b>6mg</b>	Per bowl
<b>Baked Beans</b> contains	<b>2.8mg</b>	Per half tin
<b>Boiled eggs</b> contain	<b>1mg</b>	Per small egg
<b>Sardines</b> contain	<b>1.5mg</b>	Per 50g serving
<b>Figs</b> contain	<b>3.4mg</b>	Per 4 figs
<b>Green Veg</b> contains	<b>1.96mg</b>	Per average serving

Avoid drinking tea and coffee with meals. Both drinks contain chemicals that reduce the amount of iron you absorb from your food.

Drink them an hour before you eat or two hours afterwards. So, it's better to have a glass of orange juice with your bowl of cereal in the morning than a cup of tea.

This leaflet can be made available in difference formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)