

## Tips for getting enough iron from food:

- Eating brightly coloured fruit and vegetables that are high in vitamin C helps the body use **plant iron** better.



- Cut down on tea and coffee at meal times because there are things in tea and coffee that might stop the body from using iron.
- Try to eat 1-2 serves of meat, chicken or fish every day.
- Eat around three to four serves of red meat (kangaroo/beef) per week.
- Liver is a very good source of iron, but **pregnant women should not eat liver** because it may harm the baby. Ask your Doctor for more information about Listeria.

## Iron in Pregnancy

See the Health Worker,  
Midwife or Dietitian at your  
clinic for more information.



# Iron in Pregnancy



*Look after yourself  
Look after your baby*



## What is iron?

Iron is a **mineral** found in different foods that helps your body make energy so that you feel good everyday.



## Why do you need iron?

Iron helps you to have healthy blood and makes sure that even the smallest parts of your body, your cells, are working well.

Iron also helps your body to fight sickness and stay healthy.

**When you are pregnant**, you need enough iron to help your baby grow and be born healthy.

## How much iron do you need?

In pregnancy: 22-36 mg per day.  
For other women and breastfeeding mothers: 12-16 mg per day.

Every day try to have **65-100 g** of meat or **120 g** of fish (a piece about the size of the palm of your hand).  
And don't forget to eat **lots** of brightly coloured fruit and veggies!

It's a good idea to ask your doctor if you will need iron supplements **during pregnancy**.



## There are 2 types of iron found in food:

**1. Heme Iron** in **animal** foods like beef, kangaroo, bungarra chicken, fish. The body likes this type of iron and uses it well.

**2. Non-Heme Iron** in **plant** foods like vegetables and beans. The body doesn't like this type of iron as much as animal iron and doesn't use it as

## Excellent food sources of iron:

- Beef
- Kangaroo
- Bungarra
- Lamb
- Pork
- Chicken
- Fish



## Very Good food sources of iron:

- Breakfast cereal/ bread with added iron
- Beans and other legumes
- Eggs



## Good food sources of iron:

- Broccoli
- Spinach
- Silver beet
- Brussels Sprouts

