



Diet for iron deficiency:



Iron deficiency anemia is when the Hb value is below 12 g/dl. Symptoms range from paleness and tiredness to headache, hair loss and blockage of blood formation.

The following foods should be increasingly included in the menu.

However, one has to differentiate between vegetable iron and iron in meat, fish and poultry. The vegetable iron is difficult to process further in the intestine, so the amount absorbed must be very large. For iron from meat, fish and poultry, on the other hand, our body has its own receptors, which ensure that it is absorbed very well. These receptors are also available for iron from milk and cheese, even if the amount of iron they contain is rather small.

vegetables

If you have an iron deficiency, the following vegetables should be regularly and abundantly on the menu: spinach, Brussels sprouts, beetroot, chanterelles, savoy cabbage, lamb's lettuce, carrots, peas, lentils, parsley (dried), spearmint, thyme (dried), green beans and pumpkin seeds.

Grain

The following grain types and products are recommended: millet, amaranth, oat flakes, crispbread, sesame, wheat bran, whole grain rye and rye bread.

Meat

Pork, poultry and beef are particularly suitable. For example, pork liver contains 22.1 milligrams of iron per 100 grams, pork fillet 4.5 milligrams per 100 grams. Poultry still has a content of around three milligrams per 100 grams of meat.

Fish

Salmon and tuna are also very good sources of iron.

Fruit

When it comes to fruit, the so-called "red fruits" such as strawberries and currants should be preferred.

What else is worth it:

Sunflower seeds, hazelnuts, sugar beet syrup, poppy seeds and oysters also have a relatively high iron content.

Insider tip:

It is worth taking a look at the packaging description. Cocoa, for example, provides iron. Many types of corn flakes are also particularly rich in iron. In the baby department of the supermarkets you will find so-called "red juices", which are also particularly rich in iron and stimulate blood formation.

In general, the iron in foods can be better absorbed by the body together with those containing vitamin C (for example a glass of orange juice or paprika). However, foods that contain tannic acid (black and green tea, wine, grapes) as well as coffee, milk, garlic and onions should be avoided.