

IRON:

A Superhero for Boosting Red Blood Cells

Eating food high in iron will help increase a person's red blood cell count, which can help boost immunity and increase energy.

HOW MUCH IRON DO I NEED?

Age (years)	Amount (mg per day)
1-3	7
4-8	10
9-13	8
14-18	11-15
19+	8-18

Additional tips:

- Limit milk to 2-3 glasses daily because drinking a lot of milk can stop iron from getting into your body.
- Eat foods high in iron and Vitamin C at the same meal because Vitamin C helps your body keep iron better (ex: a chicken sandwich with a glass of orange juice).

WHAT CAN I EAT TO GET MORE IRON?

Food	Serving Size	Average (mg)
Beans, cooked	1 cup	5.4
Beef, cooked	3 ounces	2.7
Cereal, fortified with iron	1 cup	11.3
Chicken, cooked	3 ounces	1.2
Graham crackers, plain or honey	1 cup	3.1
Grits	1 cup	1.5
Liver, cooked	3 ounces	12
Mushrooms, white, cooked	1 cup	2.7
Oatmeal, fortified with iron	1 cup	10
Raisins	1 cup	2.7
Rice, enriched, cooked	1 cup	4.7
Spinach, cooked	½ cup	2.6
Tofu, raw	½ cup	3.5
Turkey, cooked	3 ounces	2
Whole wheat bread	1 slice	1