



Carries oxygen in the blood to the lungs

Iron

What is iron?

Iron is a mineral. Because the body cannot make iron, it is called an “essential” nutrient and must be supplied by the diet or iron supplements.

How do I maintain or improve my intake?

- Eat foods high in iron
- If prescribed, take my iron supplement as directed

Dose _____

- Other Actions _____

Why should I care?

Most of the body’s iron is in the blood. Iron plays an important role in carrying oxygen from the lungs to all the cells of the body and it is also needed for other functions in the body. It is very important to get enough iron every day. Not having enough iron in your blood cells is called anemia. Not getting enough iron from the foods you eat is called iron deficiency anemia. Losing blood during menstruation or other forms of bleeding can also cause anemia. Having infections for a long time can cause another kind of anemia called anemia of chronic inflammation. Your CF Center medical team can determine if you are anemic and if you need iron supplementation.

Iron

How much iron do I need every day?

There are no specific recommendations for daily iron intake for people who have CF. Most people can get enough iron from food, but sometimes an iron supplement is needed. The daily recommended iron intake from food and supplements for all people is:

| Age | Iron (mg) |
|-------------------|-----------|
| Birth to 6 months | 0.27 |
| 6 to 12 months | 11 |
| 1 to 3 years | 7 |
| 4 to 8 years | 10 |
| 9 years and older | 8 to 27 |

What are the best sources of iron?

There are two forms of iron in food – heme and nonheme. Heme iron is found in animal protein such as beef and beef liver. Nonheme iron is found in non-animal protein foods like lima beans, kidney beans, lentils, dark green vegetables, and enriched and fortified cereals. The body is better able to absorb heme iron, but both types of iron are important for overall health. Nonheme iron and iron supplements are absorbed better if taken with a vitamin C source such as orange juice or another vitamin C-rich food.

| Food | Iron (mg) |
|------|-----------|
|------|-----------|

Heme Iron

| | |
|-----------------------|-----|
| Beef liver (3 ounces) | 5.3 |
| Beef (3 ounces) | 2.6 |
| Chicken (3 ounces) | 1.1 |

Nonheme Iron

| | |
|--------------------------------------|------|
| Total [®] cereal (3/4 cup) | 18.0 |
| Farina cereal (1 cup) | 11.0 |
| Cheerios [®] cereal (1 cup) | 8.4 |
| Kidney beans (1/2 cup) | 2.6 |
| Spinach (1/2 cup) | 2.4 |



Can I get too much iron?

You can get too much iron so it is best not to take an iron supplement without talking to your CF Center medical team. If you need to take iron supplements, ask your CF Center medical team how to take the supplement for best absorption and fewer side effects.

This educational service is brought to you by the manufacturers of MVW Complete Formulation[®] Multivitamin Pediatric Drops, Chewables and Softgels, addressing both routine dosing and step increases as outlined in the CF Foundation's 2012 Guidelines. The information contained in this card is not meant to replace the medical advice of your CF Healthcare Team. *This information meets the guidelines and standards of the Cystic Fibrosis Foundation's Education Committee.*

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