

DRI → ~~10~~ 10 mg

* cannot get toxic levels of iron from food sources alone. can through supplementation.

* can get iron differently from milk (ca competition) limit milk to 2 cups a day in deficient patient.

Worksheet 19-2: Diet Prescription—Meal Plan for Increasing Dietary and Supplemental Iron

* vitamin C inc. iron absorption

M.M., a four-year-old male with iron-deficiency anemia, is seeing a registered dietitian, along with his mother, to learn how to consume sufficient iron. Based on the following meal plan, what suggestions do you have to help M.M. to meet the DRI for his age?

Food Item	Suggestions for Increasing Dietary and Supplemental Iron
Breakfast	
½ cup raisin bran	
½ cup low fat milk	Limit to 2c/day
1 egg or ¼ cup egg substitute	COOK IN CAST IRON SKILLET
½ cup 100% fruit juice	VITAMIN C SOURCE
Mi-Morning Snack	
½ of 8" flour tortilla	* enriched flour source
1 ounce lean luncheon meat (turkey or beef)	
Lunch	
½ cup low-fat milk	limit
2 ounces cooked poultry or meat	
½ cup cooked macaroni (made with enriched flour)	* Good → enriched flour Add lentils
½ cup cooked mixed vegetables	
½ cup canned fruit	
Mid-Afternoon Snack	
½ cup low-fat milk	limit
5 wheat crackers	Enriched flour
Dinner	
2 ounces meat or poultry, seasoned	iron skillet add tomato sauce
½ cup spinach, cooked, seasoned	
½ cup lentils, cooked	
½ cup low-fat milk	
Evening Snack	
1 small apple	Have vitamin C fruit
3 cups popcorn, air-popped	

3.98 mg

7.4 mg

Total: 15 mg (goal of 10 mg)
* substantial amount of iron