

Fatigued, Tired and Cold? Maybe Its Low Iron

Do you feel sluggish ALL the time? Is it next to impossible to get your day started because you are dragging your butt out of bed, or falling asleep mid-way through your day? Are you losing hair, are very pale (and not because you are light skinned) have dry, brittle nails, have a loss of concentration? Perhaps you have low iron levels. If you feel this way it is best that you go to your doctors and get your iron levels checked which is usually done through a blood test. Here is some information on low iron and who is more susceptible, as well as what you can do to increase those levels naturally.

Who is more susceptible to have low iron levels

- Infants and children, especially those with a low birth weight
- Menstruating women, especially those with heavier periods (sorry guys)
- Pregnant or lactating women
- People with bleeding ulcers, or intestinal bleeding
- People with gastritis or Inflammatory Bowel Disease

Some signs of low iron can include

- Fatigued for over a month or more
- Hair loss
- Always cold
- Cannot focus
- Paler skin



There are two kinds of iron; Heme and Non-Heme. Heme Iron is the iron that is found in meats and is generally thought to be best absorbed. Non-heme Iron is found in vegetables, fruits, whole grains and nuts, said to be absorbed not as well as Heme.

Below you will find a list of foods that I believe can be easily added to your everyday meals to increase iron intake. Really great sources of iron are pumpkin seeds, leafy greens such as spinach, swiss chard, kale and dandelion, kidney beans, almonds and dried fruits such as prunes, raisins and apricots. Read more info in the chart below.

Some extra tips for best and worst Iron absorption

To promote iron absorption, consume iron enriched foods with Vitamin C containing foods such as oranges, or orange juice, kiwi, strawberries, broccoli and yellow or red peppers.

Foods and beverages that inhibit iron absorption are coffee or black tea with meals. Try to drink these three hours before your iron enriched meal. The yolk of an egg and dairy may also inhibit iron absorption.

Foods & Their Iron Content

Canned Clams	1 cup	44.7 mg
Kelp Seaweed, Dried	1 cup	28.4 mg
Quinoa Grain, Dry	1 cup	15.7 mg
Wheat Germ	1 cup	10.3 mg
Blackstrap Molasses	2 tbsp	10.1 mg
Pistachio Nuts	1 cup	8.6 mg
Cashews, Dry Roasted	1 cup	8.2 mg
Lentil, Dried	3.5 ounces	6.8 mg
Spinach, Cooked	1 cup	6.4 mg
Peach, Dried	3.5 ounces	6.0 mg
Steamed Mussels	3 ounces	5.7 mg
Almonds, Dried Whole	1 cup	5.2 mg
Pumpkin Seeds	1/4 cup	5.2 mg
Kidney Beans, Cooked	1 cup	5.2 mg
Chick Peas, Cooked	1 cup	4.7 mg
Figs, Dried	5 figs	4.0 mg
Swiss Chard	1 cup	3.9 mg
Turkey	3.5 ounces	3.8 mg
Lean Hamburger	3.5 ounces	3.5 mg
Veal	3.5 ounces	3.3 mg
Baked Potato	1 whole	2.7 mg
Green Beans, Cooked	1 cup	1.2 mg
Kale, Cooked	1 cup	1.2 mg
Sesame Seeds	2 tbsp	1.2 mg
Sunflower Seeds	1/4 cup	1.2 mg
Broccoli, Cooked	1 cup	1.1 mg