

MAURICE E. GILLESPIE, M.D.
JAMES P. FLANAGAN, M.D.
DAVID M. BERGDAHL, M.D.
LINDA L. FRALEY, M.D.



JOHN J. KIM, M.D.
CESAR A. VAZQUEZ, M.D.
LUCIA C. MIRELES-CHAVEZ, M.D.
CECILIA MORENO, M.D.

Foods that contain iron

The recommended daily intake of iron is 15 to 18 milligrams (mg) for girls and women 11 to 24 years of age, 12 mg for boys 11 to 18 years of age, and 10 mg for young men 19 to 24 years of age. The best way to get iron is from foods such as those listed below (along with the amount of iron they contain). If you have anemia, you may need more iron, and your doctor may prescribe a supplement. Do not take an iron supplement unless your doctor advises you to do so.

Liver, 4 oz cooked—9mg
Beef, 4 oz cooked—3mg
Turkey, 4 oz dark meat—2mg
Pork, 4oz—1mg
Shrimp, 12 large—2mg
Chicken breast, 4 oz—1mg
Fish/tuna, 4 oz—1mg
Egg, 1 large—1mg

Prune juice, 8 oz—3mg
Apricots, 5 halves dried—0.8 mg
Dates, 10 dried—1mg
Raisins, 1/3 cup—1mg

Refried beans, 1 cup—4.5mg
Spinach, 2 cups cooked—3mg
Peas, 2 cups—1mg
Broccoli, 2 cups—1mg

Milk, 1 cup skim—0.1 mg
Cheddar cheese, 1 oz—0.2 mg

Total cereal, 1 cup—18mg
Raisin Bran, ¾ cup—18mg
Cream of Wheat, 1 cup—9mg
Cheerios, 1 cup—4.5mg*
Quaker flavored instant oatmeal, 1 serving—2mg
Pasta, 1 cup cooked, enriched—1mg
Bread, 1 slice enriched—1mg
Brown rice, 1 cup cooked—1mg

Brewer's yeast, 1 oz (homemade bread)—5mg
Molasses, 1 tablespoon blackstrap (found in some dark breads and can be used to sweet oatmeal)—3.5mg
Wheat germ, ¼ cup (can be mixed into a smoothie)—2mg

*Most cereals are fortified with 4 to 5 mg iron/serving.

Foods that contain calcium

The recommended daily calcium intake for adolescents and young adults (11 to 24 years of age) is 1,200 to 1,500 milligrams (mg). The recommended daily intake for children 6 to 10 years of age is 800 to 1,200 mg. A good way to get calcium is from foods such as those listed below (along with the amounts of calcium they contain.) If you do not eat any of the foods below, talk to your doctor about a calcium supplement. Factors that can interfere with your body's ability to absorb calcium and use it to build strong bones include:

- a high-phosphorus diet (large amounts of meat and soda)
- caffeine (more than two cups of coffee or soda a day)
- alcohol
- cigarette smoking
- A low estrogen level (irregular or absent menstrual periods) in adolescent girls.

Milk
Whole, 8 oz—291 mg
Skim, 8 oz—302 mg

Yogurt
Low fat plain, 8oz—415 mg
Low fat with fruit, 8 oz—343 mg
Frozen (fruit), 8 oz—240 mg

Ice cream, soft serve, 1 cup—274 mg

Cheese
Muenster, 1 oz—203 mg
Cheddar, 1oz—204 mg
Ricotta, part skin, 1 cup—167 mg
Mozzarella, part skim, 1 oz—207 mg
Cottage, ½ cup—100mg

Fortified orange juice, 8oz—300mg

Salmon, 3oz—167mg
Shrimp, 3oz—100mg

Collards, cooked from raw, 1 cup—252 mg
Broccoli, cooked, 1 cup—100-136mg
Spinach, cooked, ½ cup—122mg
Tofu in oriental foods (stir fry and soups), 4oz—150-250 mg

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