

# Anemia and You

## What is Anemia and how is it caused?

Anemia occurs when your body has fewer red blood cells.<sup>1-6</sup> This means your body cannot carry enough oxygen to your body. There are many reasons why a person may have anemia. It can be due to blood loss, the size or amount of red blood cells a person has, or a result of low hemoglobin in the blood needed for oxygen transport.<sup>1</sup> Anemia is a condition that can be short or long term. Often, a person is not aware they have anemia until the condition is more severe.<sup>1-6</sup> Anemia is mostly due to the lack of key nutrients that are needed to make healthy red blood cells. Low amounts of iron, folate, and/or vitamin B12 in the body can all cause anemia. Eating well and making simple changes in your diet can treat anemia.

### IRON RICH FOODS<sup>7</sup>

#### MEAT/GRAINS

\*Oatmeal 1 cup = 22mg

Oysters 4 oz = 5.8mg

\*Beans 1 cup = 2.9mg

Beef 4oz = 2.4mg

Tofu 4 oz = 2.28mg

Egg 2 large = 2mg

\*Bread 1 slice = 1.2mg

#### VEGETABLES

Beets 1 cup = 1.1 mg

Green beans 1 cup = 1 mg

Spinach 1 cup = 0.8 mg

Broccoli 1 cup = 0.75mg

Tomato 1 cup = 0.5 mg

Carrots 1 cup = 0.4 mg

Kale 1 cup = 0.3 mg



### More on Iron<sup>1,4</sup>

DAILY INTAKE: 8mg males, 18mg females

Iron is needed for growth, exercise, and cells working at their best. Iron is found in many foods. There are 2 types of iron, both can help keep iron levels in balance.

- Heme Iron: easiest form of iron to absorb
  - Sources: meats, fish, poultry
- Non-heme Iron: less easy to absorb
  - Sources: vegetables, beans, fruit, nuts

### B12 RICH FOODS<sup>7</sup>

#### MEAT

Oysters 4 oz = 18 mcg

Fish 4 oz = 8-10 mcg

Salmon 4 oz = 4 mcg

Beef 4 oz = 3.2 mcg

Pork 4 oz = 2.6 mcg

Chicken 4 oz = 1 mcg

#### DAIRY/GRAINS

\*Cereal 1 cup = 4-6 mcg

Whey Protein 1 scoop=2mcg

Milk 1 cup = 1.0 mcg

Yogurt 1 cup = 1.0 mcg

\*Almond Milk 1 cup = 0.6mcg

\*Cheese 1 oz = 0.3-0.5 mcg



### More on Vitamin B12<sup>6</sup>

DAILY INTAKE: 2.4-2.8mcg/day

Vitamin B12 is needed to make red blood cells, and helps with memory, and thinking. Vitamin B12 can be found in many foods. If you are don't eat meat, are vegan, are over the age of 65, or have trouble digesting food, you may be more at risk.

- Sources of B12: eggs, meat, seafood, poultry, milk, cheese, and some fortified foods

### FOLATE RICH FOODS<sup>7</sup>

#### MEAT/GRAINS

Edamame 1 cup = 358mcg

\*Cereals 1 cup = 332 mcg

\*Crackers ~5 = 103 mcg

Crab 4 oz = 100 mcg

\*Beans 1 cup = 82 mcg

Egg 2 large = 53mcg

Beef 4 oz = 3mcg

#### FRUIT/VEG

Beets 1 cup = 148 mcg

Asparagus 1 cup = 70 mcg

Spinach 1 cup = 58mcg

Broccoli 1 cup = 57mcg

Papaya 1 cup = 54 mcg

Berries 1 cup = 40 mcg

Orange 1 cup = 31 mcg



### More on Folate<sup>5</sup>

DAILY INTAKE: 400MCG/DAY

Folate is needed to make red blood cells. Not eating enough folate can cause too few red blood cells leading to fatigue, and during pregnancy can also lead to birth defects.

- Sources of folate: fresh fruits, vegetables, fortified grains and juices
- Avoid overcooking these foods