

# Anaemia

Contributed by Administrator  
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Iron deficiency is the commonest cause of Anaemia. However there are other dietary factors are also necessary for the production of healthy red blood cells. They include Amino acids, Vitamin B6 & B12, Copper and Cobalt and Vitamin C. Vegans (those who eat no animal products at all) should be extremely vigilant in making sure they include a good balance of amino acids and Vitamin B12.

Iron is best absorbed from foods like fish, liver and red meat, and more effectively absorbed in the presence of Vitamin C and Fructose (fruit sugar). Eating fruit and vegetables with iron containing foods aids absorption.

Vitamin C and iron are present and in fairly high levels in foods like Broccoli, Kale, Spinach, Peppers and other dark green vegetables.

The daily requirement of iron for adult men is about 1mg. For women of child bearing age this is almost 2mg. Dietary iron is not easily absorbed and only about one eighth of the intake is available to the body. Therefore men need to consume 12mg and women 24mg to obtain their daily requirement. After illness, during lactation and pregnancy, and in blood loss, intestinal disease and malabsorption, these needs increase.

Iron absorption can be inhibited by phosphates, phytates and oxalates. These bind with iron to form insoluble substances that are unabsorbable. Foods containing these substances are eggs, spinach ,rhubarb and unrefined cereals, especially whole wheat.

It is possible to take too much iron, especially if taking supplements that have not been prescribed by a health professional. Testing for Iron Deficiency Anaemia is essential before supplementing.

Taking a diet of Iron , B12 and Vitamin C rich foods is the easiest and preferred way to obtain natural readily assimilated Iron into the body. Eating organically produced foods is especially important if you are eating meats.

Food Sources Of Iron.

Food Iron mg./100g.

- Kelp 100
- Curry powder 75
- Shellfish 10 - 40
- Brewers yeast 22
- Liver 12
- Molasses 11
- Cocoa Powder 11

- Pumpkin Seeds 11
- Soya beans 8
- Soya Flour 8
- Parsley 8
- Chives 8
- Lentils 7
- Chick Peas 7
- Almonds 5
- Sesame Seeds 5
- Brazil Nuts 3
- Raw Spinach 3
- Leafy greens 2-3

#### Food Sources Of B12.

- All seaweeds such as kelp , arame, nori etc.,
- Miso (Fermented Soya bean paste)
- Blue Green Algae,
- Spirulina,
- Chlorella.
- Brewers yeast.

Strict Vegans should have their B12 levels checked annually.

Contact me for a diet sheet.