

GUIDES FOR PARENTS

Foods that contain iron

The recommended daily intake of iron is 15- 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 19-24 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.

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| Liver, 4 oz cooked | 9 mg |
| Beef, 4 oz | 3 mg |
| Turkey, 4 oz dark meat | 2 mg |
| Pork, 4 oz | 1 mg |
| Shrimp, 12 large | 2 mg |
| Chicken breast, 4 oz | 1 mg |
| Fish/tuna, 4 oz | 1 mg |
| Egg, 1 large | 1 mg |
| Prune juice, 8 oz | 3 mg |
| Apricots, 5 halves dried | 0.8 mg |
| Dates, 10 dried | 1 mg |
| Raisins, 1/3 cups | 1 mg |
| Refried beans, 1 cup | 4.5 mg |
| Spinach, 2 cups cooked | 3 mg |
| Peas, 2 cups | 1 mg |
| Broccoli, 2 cups | 1 mg |
| Milk, 1 cup skim | 0.1 mg |
| Cheddar cheese, 1 oz | 0.2 mg |
| Total cereal, 1 cup | 18 mg |
| Raisin bran, ¾ cup | 18 mg |
| Cream of Wheat, 1 cup | 9 mg |
| Cheerios, 1 cup | 4.5 mg* |
| Quaker flavored instant oatmeal, 1 serving | 2 mg |
| Pasta, 1 cup cooked, enriched | 1 mg |
| Bread, 1 slice, enriched | 1 mg |
| Brown rice, 1 cup cooked | 1 mg |
| Brewer's yeast, 1 oz (homemade bread) | 5 mg |
| Molasses, 1 tablespoon blackstrap (found in some dark breads and can be used to sweeten oatmeal) | 3.5 mg |
| Wheat germ, ¼ cup (can be mixed into a smoothie) | 2 mg |

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 smoke
- A low estrogen level (irregular or absent menstrual periods) in adolescent girls.

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| Milk | |
| Whole, 8 oz | 291 mg |
| Skim, 8 oz | 302 mg |
| Yogurt | |
| Low fat plain, 8 oz | 415 mg |
| Low fat with fruit, 8 oz | 343 mg |
| Frozen (fruit), 8 oz | 240 mg |
| Ice Cream, soft serve, 1 cup | 274 mg |
| Milk Shake | |
| McDonald's vanilla, 15 oz | 320 mg |
| Burger King, 10 oz | 240 mg |
| Cheese | |
| Muenster, 1 oz | 203 mg |
| Cheddar, 1 oz | 204 mg |
| Ricotta, part skim, 1 cup | 167 mg |
| Mozzarella, part skim, 1 oz | 207 mg |
| Cottage, ½ cup | 100 mg |
| Fortified orange juice, 8 oz | 300 mg |
| Salmon, 3 oz | 167 mg |
| Shrimp, 3 oz | 100 mg |
| Collards, cooked from raw, 1 cup | 252 mg |
| Broccoli, cooked, 1 cup | 100-136 mg |
| Spinach, cooked, 1 cup | 122 mg |
| Tofu in oriental foods (stir fry and soups), 4 oz | 150-250 mg |