

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.

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
Cherrios, 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 in 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.

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