



NUTRITION CORNER



From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN*

October: Eat Right and Stay Active!

Eating right and staying active is important at every stage of life. As we grow older our nutritional needs change, we may not need as many calories as we did in our 30's and 40's but our bodies still require sufficient amounts of vitamins and minerals.

Iron is a mineral that carries oxygen in the hemoglobin (red blood cells) throughout our bodies. It is involved in producing energy and assists in removing carbon dioxide. When the bodies' iron stores become low, not enough normal red blood cells can be made. This develops a condition referred to as ***iron deficiency anemia***.

Symptoms of low iron levels:

- Fatigue
- Weakness
- Difficulty maintaining body temperature
- Pale skin/fingernails
- Dizziness
- Headaches
- Glossitis or inflamed tongue



Iron exists in food in two types:

- 1) **Heme:** animal foods - lean meats, oysters, chicken and turkey
the body absorbs 2 to 3 times more iron when consumed from animal sources
- 2) **Non-heme:** plant foods - beans / lentils, tofu, baked potatoes, cashews, dark green leafy vegetables, fortified breakfast cereals
* adding a source of Vitamin C to plant / vegetarian sources will enhance absorption

Ways to prevent iron deficiency:

- 1) Eat a well balanced healthy diet with good sources of iron
- 2) Combined plant/vegetarian sources of iron with Vitamin C in the same meal.

If treatment for iron deficiency is needed, your doctor will be able to evaluate and determine the appropriate treatment. Speak with your Registered Dietitian for more information in ways to enhance iron intake in your diet.



Join us at OFA'S "Community Cafés"
For reservations and more information please call:
Gateway Community Industries @
331-2180

"Your contributions help keep senior programs available"
THANK YOU