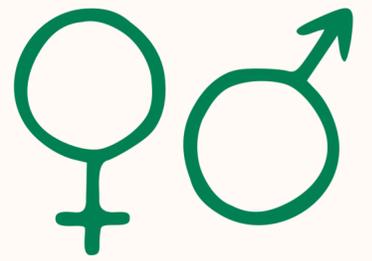




Iron



What does it do?

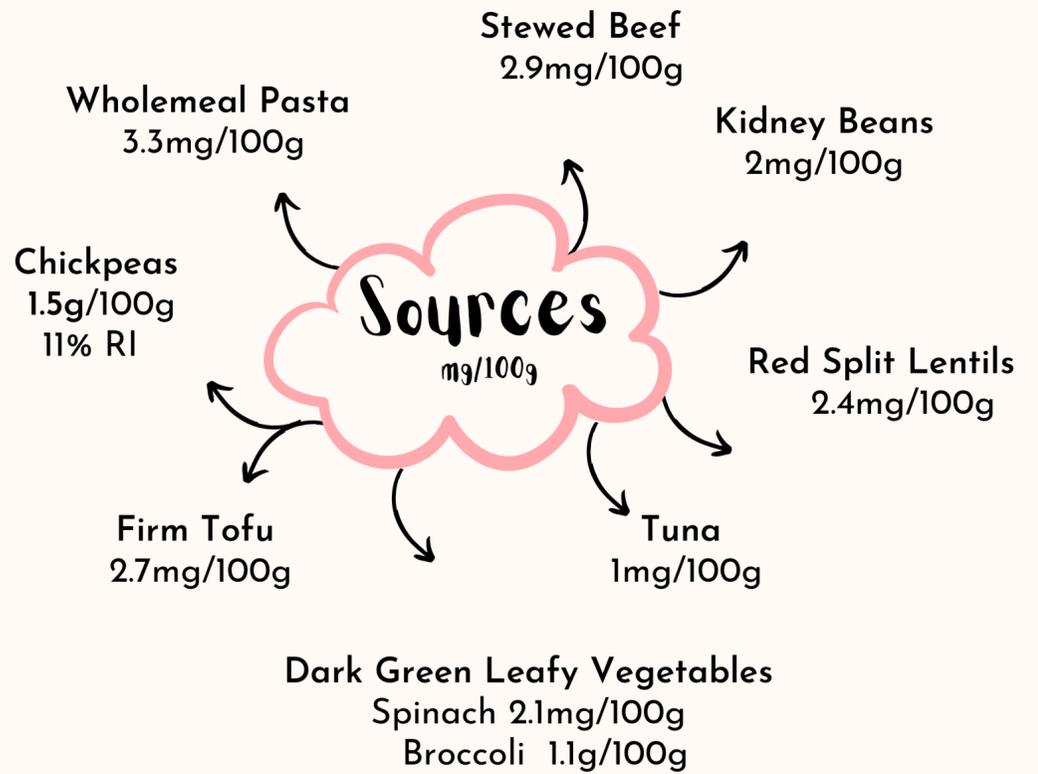
Deficiency can lead to defective spermatogenesis, reduces libido and oxidative damage in sperm

Iron deficiency anemia, in particular, has been linked to infertility, miscarriage and poor pregnancy outcomes

Iron is a component of haemoglobin, the oxygen transporter in your red blood cells - essential for oxygen transport to your baby

Increased blood volume during pregnancy requires increased iron intake

Aids with your baby's growth and brain development



How much do I need?

RI - Females:
14µg per day

RI - Males:
8.7µg per day

Pregnancy

No change in intake is required during pregnancy

Non-haem Iron absorption (iron from plant based foods) is optimised when eaten with vitamin C, and heme iron (meat products)

Foods containing phytates (cereals and grains), calcium (milk and dairy), and tannins (tea and coffee) can hinder iron absorption

Recipe Idea... Broccoli and chickpea Pasta Salad

Ingredients

- 50g Can Drained Chickpeas
- 60g Broccoli, chopped into florets
- 50g Wholemeal Fusilli Pasta
- 50g Tomatoes, Diced
- 15g Olives, Sliced
- 25g Red Onion, Diced
- 50g Cucumber, Diced
- 30g Feta Cheese, Diced
- Salad Dressing of Choice e.g. vinaigrette

Method

- In a simmering pan, cook the fusilli according to packet instructions
- For the last 5 minutes, add the broccoli florets to cook until al dente
- Once cooked, allow the pasta and broccoli to cool
- In a bowl, add the pasta and broccoli with the rest of the salad ingredients and the feta cheese
- Drizzle over the salad dressing and toss to coat evenly
- Season with salt and pepper to taste and serve

Per Portion

Kcals: 373
Iron: 2.8mg (20% RI)