



# Pumping Iron

Presented by: Katherine Alper, Dietetic Intern



What is Iron

Recommended Daily Intake



Iron Deficiency



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Thank You!

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# ***What is Iron***

Iron is an essential nutrient for the human body. It takes oxygen from the lungs, and puts it in your blood, so it can be carried throughout the body.

# Recommended Daily Intake

**8mg/day**

## *Examples*

- Lean Beef
- Eggs
- Dark Leafy Greens
- Spinach
- Mushrooms
- Fortified Foods
- Dark Chocolate
- Peas/beans
- Rice
- Nuts/Seeds



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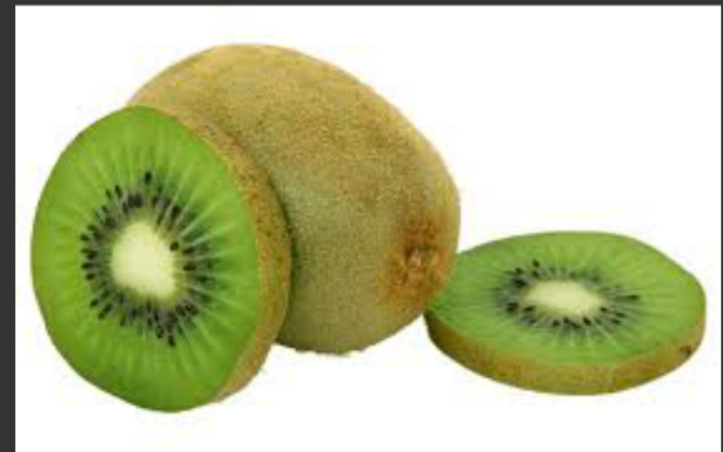


# ***Low Iron Risks***

- Sick More Often
- Cold Hands/Feet
- Chipped Nails
- Tired
- Pale Skin
- Thinning Hair
- Strange Cravings



# *Little Helpers*



# *Negative Nancy's*

