



NOVEMBER QUIZ

The Importance of Iron

WHAT IS IRON?

Iron is an essential mineral and an important component of proteins, involved in oxygen transportation and metabolism. Almost two thirds of the iron in your body is found in hemoglobin, the protein in red blood cells which carry oxygen.

WHAT FOODS PROVIDE IRON?

Iron can be found in foods such as meat, seafood and poultry. It is also found in cereals, vegetables, legumes and lentils.

HOW MUCH IRON DO YOU NEED?

The recommended dietary intake is different for all age groups. Assuming a healthy person, you need to consume the following amounts every day:

14 – 18 Years of Age	Males 11mg	Females 15mg
19 – 50 Years of Age	Males 8mg	Females 18mg
51 Years & Over	8mg	
Pregnant Women	27mg	

WHAT HAPPENS IF YOU DON'T HAVE ENOUGH IRON?

An iron deficiency may result from a low dietary intake of iron. This occurs when the blood storage levels of iron are low, and the blood haemoglobin levels fall below normal. Women of child bearing age, pregnant women, older infants and toddlers, as well as teenage girls are at a higher risk of developing an iron deficiency.

SIGNS OF IRON DEFICIENCY

Feeling tired and weak, decreased work and school performance, slow cognitive and social development during childhood, difficulty maintaining body temperature, and decreased immune function are all signs of possible iron deficiency.

**Turn over for your chance to WIN a 30 Minute Massage
Entries due in the Suggestion Box by 26 November 2014 - Good Luck**



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Complete the Quiz for the chance to WIN a 30 Minute Massage

Circle the correct answer then place your completed Quiz in the Suggestion Box by
26 November 2014

Iron is involved in oxygen transport and metabolism

TRUE / FALSE

Iron is not found in fruit

TRUE / FALSE

Pregnant women should consume 8mg of iron daily

TRUE / FALSE

Lack of iron in the body may cause iron deficiency

TRUE / FALSE

A sign of iron deficiency is nausea

TRUE / FALSE

NAME: _____

TELEPHONE: _____