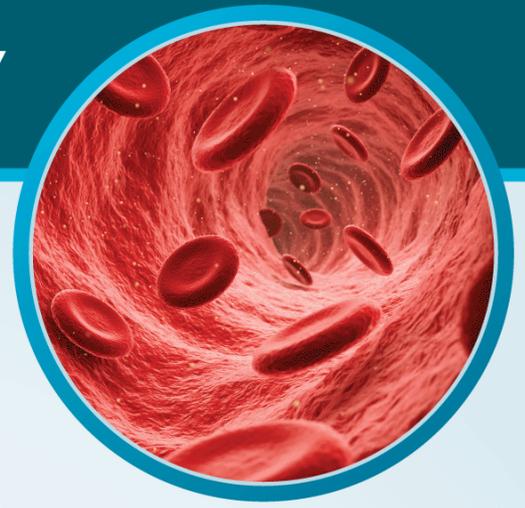




IRON DEFICIENCY



- Iron is an essential mineral that carries oxygen to the brain and muscles to improve performance.
- Iron assists with brain function, concentration, and immunity to help fight infections.

Signs and Symptoms:

Extreme fatigue and weakness

Shortness of breath

Headache and dizziness

1. Iron Rich Foods

Heme iron Found in animal sources



Red meat



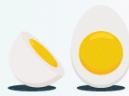
Fish



Poultry



Liver



Eggs



Seafood

Non-heme iron Found in plant food sources



Green leafy vegetables



Beetroot



Nuts, seeds, and dried fruits



Fortified cereal and bread

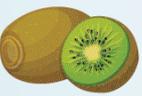


Dark Chocolate



Pulses and beans

2. What can Increase Iron Absorption? Food high in vitamin C like:



Kiwi



Orange



Lemon



Strawberry



Orange juice



Pepper

3. What can Decrease Iron Absorption?



Coffee



Tea



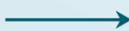
Antacids



Dairy products and Ca supplements

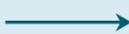
When Should Iron-rich Meals/Supplements be Taken on Training Days to Maximise Absorption?

Morning training



Dinner

Afternoon training



Breakfast/lunch

Disclaimer: This resource is intended to be supported by verbal information provided at clinic consultations.