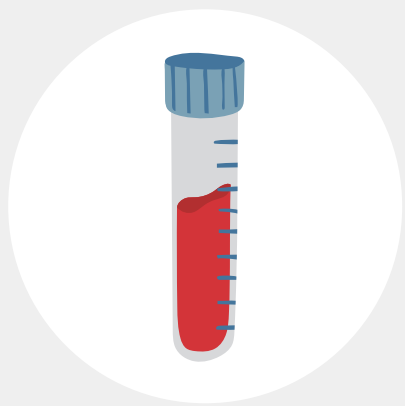


Meet Your Iron Needs

On a Gluten-Free Diet



What is iron?



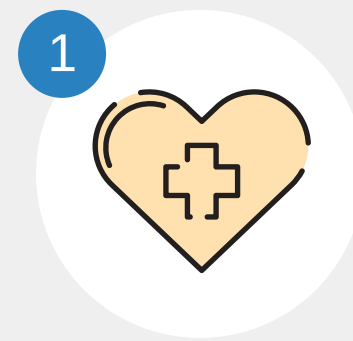
Iron is a mineral important for blood production and oxygen transport.

Iron is found in food in two forms:

- heme iron
- non-heme iron

Iron has low bioavailability, meaning that our bodies cannot absorb it well.

Who is at risk for low iron?



1 People with Undiagnosed Celiac Disease (CD)

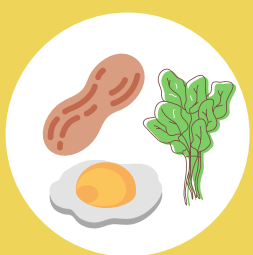
Gluten causes small intestinal damage, which further disrupts iron absorption.



2 People on a Gluten-Free Diet (GFD)

Even once diagnosed with CD and on a GFD, iron levels may be low.

Tips to Meet Iron Needs



Eat a variety of iron-rich foods daily.



Vitamin C increases iron absorption and is found in fruits and vegetables. Pair vitamin C-rich foods with iron-rich foods.



Talk to a registered dietitian (RD) for individualized dietary help.

Sources of Iron

Heme Iron



4.3 mg

Duck, per 95 g



3.5 mg

Beef, chicken & pork liver, per 2 1/2 oz



3.5 mg

Mussels, per 2 1/2 oz



3.5 mg

Oysters, per 2 1/2 oz



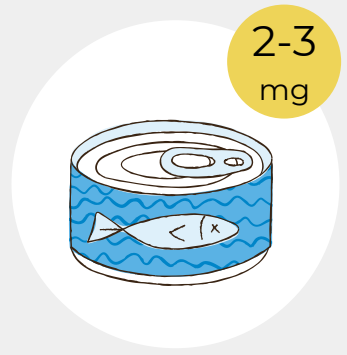
2.1 mg

Beef, per 2 1/2 oz



2-3 mg

Liver pate, per 35 g (3 tbsp)



2-3 mg

Anchovies, per 50 g (2 oz)



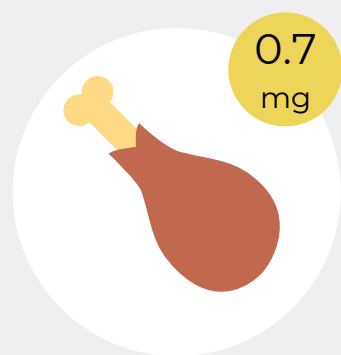
2.1 mg

Canned sardines, per 2 1/2 oz



2.1 mg

Venison, per 2 1/2 oz



0.7 mg

Chicken, per 2 1/2 oz



0.7 mg

Canned tuna, per 2 1/2 oz



0.7 mg

Lamb, per 2 1/2 oz

While the foods listed are gluten-free, the ones with a GF stamp can be cross-contaminated with gluten. The CCA recommends purchasing these foods with a "gluten-free" claim.

Non-Heme Iron



4-5 mg

Potato with skin, per 3 medium



3.5 mg

Molasses, per 1 tbsp



2-3 mg

Chia, pumpkin seeds, per 1/4 cup



3.5 mg

Lentils, chickpeas & soybeans, cooked, per 3/4 cup



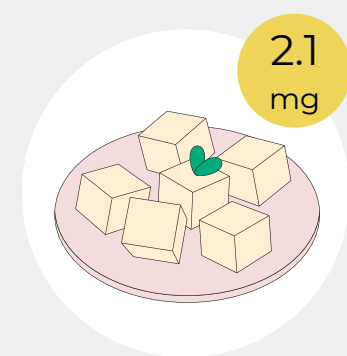
2-4 mg

Hemp, flax seeds, per 1/4 cup



2.1 mg

Swiss chard & spinach, raw, per 2 1/2 cups



2.1 mg

Tofu, per 3/4 cup



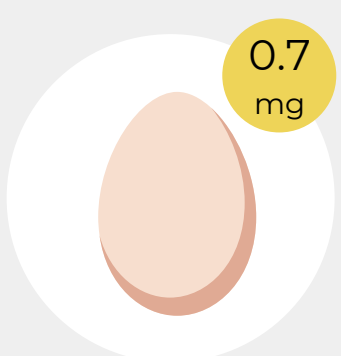
1-1.5 mg

Hummus, per 1/4 cup



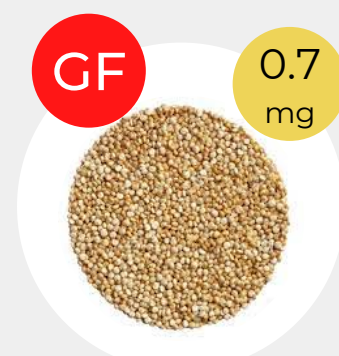
1-1.5 mg

Peas, cooked, per 1/3 cup



0.7 mg

Eggs, per 2 large



0.7 mg

Quinoa, buckwheat groats, cooked, per 1/2 cup



0.7 mg

Nut butter, per 2 tbsp