



AUGUST 2022 | UBC ACTIVE KIDS

August Newsletter

HOW TO GET ENOUGH IRON IN YOUR CHILDRENS DIET

Have you ever wondered if your children are getting enough iron in their diets? Iron is a mineral responsible for binding and carrying oxygen in our blood. Children and adults alike, need iron to support brain development, cognitive function, the immune system and physical activity. Read below for tips and tricks on meeting your children's iron recommendations!

HEALTH CANADA RECOMMENDATIONS:

7-12 months: 11mg/day

1-3 years: 7mg/day

4-8 years: 10mg/day

9-13 years: 8mg/day

*Children 0-6 months are exclusively breast fed or formula fed and thus do not have an iron recommendation.

**Vegetarians and vegans need 1.8x the iron recommendation due to lower bioavailability of plant based sources

TIPS FOR VEGETARIANS:

When taking iron supplements or eating plant based foods high in iron, try to include a source of vitamin C with your meal or supplement. Vitamin C helps convert non-heme to heme and improves plant based irons digestion and absorption.

TRY THESE NO BAKE MOLASSES AND PUMPKIN SEED GRANOLA BARS FOR AN IRON BOOSTED SNACK!

FOODS HIGH IN IRON

Iron can be found in two different forms in foods: heme and non-heme. Heme is found in animal foods and non-heme is found in plant based foods. When the body digests iron, it needs to convert all iron to heme form in order to properly absorb it. For this reason animal based food sources of iron containing heme generally provide the body with more iron the body can use compared to plant based sources.

Non-heme iron **1 mg /serving**

- Nut butter 2 tbsp
- Ground chia seeds 1 tbsp
- Ground flax seeds 2 tbsp
- Sesame seeds 2 tbsp
- Wheat germ 2 tbsp
- Fortified baby cereal 1 tbsp
- Spinach, cooked 2 tbsp
- Cashew butter 1 tbsp
- Canned beets, 1/4 cup
- Oatmeal, quinoa or pasta, cooked 1/2 cup
- Molasses, blackstrap 1 tsp
- Pumpkin puree 1/4 cup
- Beans, chickpeas, 1/4 cup
- Tofu, firm 1/4 cup
- Potato with skin, 1 small
- Egg, 2 medium
- Peas, cooked 1/2 cup
- Lentils, cooked 2 tbsp

Heme iron **1 mg /serving**

- Beef or elk, 1oz
- Clams or sardins, 1oz
- Moose 0.5 oz
- Oysters or mussels 0.5 oz
- Chicken, lamb, pork or turkey, 2 oz
- Light canned tuna, 2 oz

Ingredients:

- 2 cups rolled oats
- 1/2 cup pumpkin seeds
- 1/3 cup dark chocolate chips
- 1/4 tsp salt
- 1.5 tsp vanilla
- 1/3 cup honey
- 1 cup peanut butter
- 2 tbsp blackstrap molasses

Directions:

Combine oats, seeds, chips and salt. In a separate bowl whisk vanilla, honey, peanut butter and molasses, if the mixture is too stiff microwave for 10 seconds then stir. Combine wet and dry then press into a parchment lined baking pan and freeze for 1-2 hours.