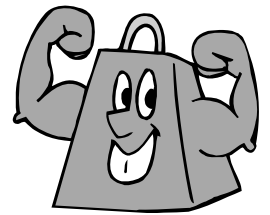




# EATING 101

## RU DINING HEALTHY?



A Weekly Newsletter Brought to You by the RU Healthy Dining Team-  
A Joint Program between RU Dining Services and the Department of Nutritional Sciences

### Pumping Iron – *Into Your Diet!*

Are you often cranky or grumpy? Do you feel weak and get tired easily? Do you often feel dizzy? You may be lacking iron in your diet. Iron-deficiency can lead to anemia, irritability, susceptibility to infection, fatigue, reduced physical performance and endurance, and a shortened attention span.



Iron-deficiency anemia can be caused by a number of different factors including:

- Inadequate iron intake in the diet
- Heavy menstrual bleeding
- Skipping meals
- Frequent strenuous activities
- A calorie-restricted or restrictive vegetarian diet
- Most fad diets

### Get Rid of the Grouch & Get Iron Back

Crank out a better attitude by making a few adjustments to your diet and lifestyle. The Dietary Reference Intake (DRI) for iron is 18 mg for women and 8 mg for men. This requirement can easily be met by eating a variety of iron-rich foods found in the dining hall.

- **Go Lean!** Eating only three ounces (size of a deck of cards) of lean meats, fish, or poultry can add about 4.5 – 7 mg of iron into your diet. Include a serving of chicken, beef, or pork with your meal to get an EXCELLENT source of iron.
- **Go Green!** Choosing various dark, leafy green vegetables can help boost your iron levels. Adding a half cup of cooked spinach to your pasta can provide about 4.5 – 7 mg of iron to your diet. Popeye knew what he was doing when he ate his spinach!
- **Get Your Squeeze!** Combining iron-rich foods along with foods high in Vitamin C can help with the absorption of iron. Broccoli, green and red peppers, cabbage, oranges and orange juice, strawberries, and other citrus fruits are all great sources of Vitamin C to eat with iron-rich foods.
- **Skip No More!** Small amounts of iron are found in a variety of food sources. In order to get the recommended amount, eat three solid meals a day. Don't have time? Make sure to eat iron-rich snacks.
- **Decrease!** Certain foods decrease the absorption of iron when consumed with iron-rich foods. Avoid high-fat dairy products, coffee, and tea to maximize your absorption of iron when pumping iron into your diet.



### *There is no Denyin' You Need Your Iron!*

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Question? E-mail the Healthy Dining Team at [peggvp@rci.rutgers.edu](mailto:peggvp@rci.rutgers.edu). Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis, and past newsletters, view our web page at <http://food.Rutgers.edu>.