

# Add these 10 high-iron foods to your shopping list

Tired all the time?



From octopus to pumpkin seeds, here are some of the most iron-rich foods to fight fatigue, reveals dietitian Melissa Meier

If you're tired all the time, it may be time to re-assess your diet.

Specifically, you'll want to look at your iron intake. That's because iron plays a key role in transporting oxygen around your body, so if your iron stores are low, you'll feel lethargic and worn out.

If during a consultation with your doctor it's discovered you're lacking in iron, here are 10 foods I'd recommend putting on your plate. To give you some context, women between the ages of 19 and 50 require 18mg of iron every day. For men and older women, that quota is just 8mg per day.

1 Octopus = 5.3mg per 100g (raw) Bet you didn't think octopus was going to top the list, did you? Not only is octopus high in iron, it's also quite low in kilojoules with just 292kJ per 100g – so it makes for a nutritious, light meal. I like to add it to a salad or serve it alongside roasted veg for dinner.

2 Canned red kidney beans = 4mg per cup Legumes (such as beans, chickpeas and

lentils) are some of the best plant-based sources of iron. Plants contain a different type of iron to animal-based foods, however, so aren't as well absorbed. To boost plant-based iron absorption, I'd recommend pairing your legumes with a source of vitamin C, such as tomatoes or broccoli.

3 Kangaroo = 3.4mg per 100g (raw) Kangaroo is a super lean cut of meat and is a good option to work into your red-meat repertoire. A loin fillet of roo, for example, contains about 0.2g of saturated fat per 100g, while the same quantity of eye-fillet steak contains 2g of saturated fat.

4 Weet-Bix = 3mg per 2 biscuits Breakfast cereals can have iron added to them during manufacturing, and so can surprisingly contribute a lot of iron to your diet. For a healthier brekkie bowl, look for a simple cereal that's made with wholegrains and is low in added sugar.

5 Pumpkin seeds = 3mg per 30g Seeds are a great choice when you're looking for a boost of iron, and as an added benefit also provide a dose of heart-healthy fats. Pumpkin seeds (also known as pepitas) are a staple in my household – I love to sprinkle them over my morning muesli or toss them through a salad for some crunch.

6 Firm tofu = 2.9mg per 100g For a healthy vegetarian meal, you can't go past good old tofu. Packed with hunger-busting protein and plenty of calcium for strong bones and teeth, tofu should be on your menu whether your diet is meat-free or not.

7 Eye-fillet steak = 2.2mg per 100g (raw) Another option if red meat is on your menu, beef steak also provides zinc for immunity. Perfect for a summer barbecue or simple stir-fry, lean beef is an easy way to boost your iron intake.

8 Eggs = 1.8mg iron per 2 eggs I'm a big fan of the humble egg.

They're rich in muscle-building protein, contain heart-healthy fats, provide vitamin D for healthy bones – and are a super convenient way to boost your iron consumption. Plus, they're extremely versatile and perfect for breakfast, lunch and dinner, or even a healthy snack.

9 Cashews = 1.5mg iron per 30g A small handful of nuts a day is a healthy habit – and while all nuts shine for different nutritional reasons, cashews in particular stand out for their high iron content.

10 Rolled oats = 1.4mg per half cup (uncooked) Rolled oats are particularly high on my list of good-for-you grains because they contain a special compound called beta-glucan, which works to lower cholesterol levels.

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