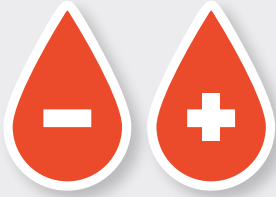


5 Tips For Living With Iron Deficiency Anemia (IDA)



Know How Much Iron You Need¹

The amount of iron your body needs depends on your age and whether you are a man or a woman. Understanding how much iron you need is the first step in managing your IDA.

Eat A Healthy Diet That Includes Good Sources Of Iron²

A healthy diet includes: fruits and vegetables; whole grains; fat free or nonfat milk and milk products; lean meats; fish; dry beans; eggs; and nuts. Your diet should be low in saturated fats, trans fats, cholesterol, salt and added sugars.



Eat Foods That Help You Absorb Iron³

Vitamin C can help your body better absorb iron from food sources, so try to eat foods high in Vitamin C at the same time as iron-rich foods.

Do Not Attempt To Self-Medicate⁴

Too much iron can be dangerous. Rather than try to manage your IDA on your own, talk to your health care provider if your symptoms persist. Do not take your treatment into your own hands.



Keep Talking To Your Health Care Provider

Even if your symptoms are under control, keep in touch with your health care provider. Regular checkups and conversations with your health care provider will help you manage your IDA most effectively.

You should always talk to your health care provider before making any changes to your diet and exercise routine.

For more information, visit ironmatters.com

¹Centers for Disease Control and Prevention. "How much iron do I need?" *Iron and Iron Deficiency*. <http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html>. Accessed: 3/28/2013.

²Centers for Disease Control and Prevention. "What can I do to prevent iron deficiency anemia?" *Iron and Iron Deficiency*. <http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html>. Accessed: 3/28/2013.

³Ibid.

⁴Mayo Clinic. "When to see a doctor." *Iron Deficiency Anemia*. <http://www.mayoclinic.com/health/iron-deficiency-anemia/DS00323/DSECTION=symptoms>. Accessed: 3/28/2013.