

Contact Details

Bolton Eating Disorder Service
☎ 01204 462 785

Chester Eating Disorder Service
☎ 01244 397 755

Macclesfield Eating Disorder Service
☎ 01625 505 621

Trafford Eating Disorder Service
☎ 01925 248 475

Warrington and Halton Eating Disorder Service
☎ 01925 248 475

Wirral Eating Disorder Service
☎ 0151 488 7342

This leaflet should be provided at an appointment with an Eating Disorders Dietitian or Practitioner and not replace a face to face discussion

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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Cheshire and Wirral Partnership NHS Foundation Trust

Iron and Diet

Eating Disorders Service

Care • Well-being • Partnership

Introduction

Why Is Iron Important?

Iron is very important because it helps your body to make haemoglobin. Haemoglobin, or 'Hb', is the protein found in red blood cells that carries oxygen around your body and gives blood its red colour.

What Can Happen If You Have Low Iron Levels?

If the level of iron in your body falls, your red blood cells may not contain enough haemoglobin. At first you may not notice any difference, however, if the amount of haemoglobin falls further, you can start to feel tired.

If the shortage of iron is more severe, you can feel unusually weak or breathless. This is called iron deficiency anaemia is the most common form of anaemia people have.

Where Does Iron Come From?

You can usually get enough iron from a balanced diet as it is found in a variety of foods. There are two types of iron

- Haem Iron which is found in animal foods. This is better absorbed by your body than plant sources of iron
- Non-haem Iron which is from plant sources.

What Causes Low Iron Levels?

Some causes of low iron can be pregnancy, malabsorption or stomach ulcers which you should discuss with your GP.

In patients with eating disorders a low iron level is often due to a lack of foods containing iron within the diet.

Vegans and vegetarians need to take particular care to ensure that they get enough iron in their diet as it is less easily absorbed by the body from non-meat sources.

Which Foods Are Good Sources of Iron?

- **Animal products** : red meat, liver, fish, eggs, oily fish (sardines, mackerel) Seafood (shrimp, scallops, crab, mussels)
- **Legumes**: lentils, Beans (white, kidney, black), Peas (chickpeas, black-eyed, split), tofu, houmous
- **Grains**: fortified cereals, quinoa, , oatmeal, barley
- **Nuts and seeds**: pumpkin, squash, pine, pistachio, sunflower, cashews, sesame
- **Vegetables**:, spinach, kale, asparagus,
- **Fruit**: dried apricots, dried prunes, figs
- **Other**: prune juice, liquorice, yeast extract spread (marmite or vegemite), Tahini paste, cocoa powder

What Help Your Body Absorb Iron?

Vitamin C (sometimes called ascorbic acid) may help the body to absorb iron. Try to have Vitamin C rich foods with meals e.g. orange juice, peppers, dark leafy green vegetables, berries or citrus fruits. Avoid overcooking vegetables as this can destroy the Vitamin C.

What Makes It Harder For Your Body To Absorb Iron?

Tea and coffee may reduce the absorption of iron from foods. Avoid drinking tea/coffee directly before, after or with meals.

Calcium supplements and calcium from our diet can reduce iron absorption when taken in large quantities therefore try to have large amounts, e.g. 250ml of milk, inbetween meals. Speak to your pharmacist about the best time to take calcium supplements.

Example of a day

Breakfast: 1 cup of Bran flakes, 1 tablespoon raisins with 200ml of milk.

Snack: 2 tangerines & 3 dried apricots or 2 digestives

Lunch: Cous cous, ½ tin mixed beans, peppers, onion, sweetcorn. ¼ tub houmous fruit (fresh, stewed or tinned in natural juice),. Dark chocolate

Snack: 125g pot of yoghurt or a handful of nuts

Evening meal: jacket potato, ½ tin tuna, mayonnaise, spinach 2 ½ tablespoons, 3 tablespoons peas. Slice of fruit cake

Supper: hot chocolate made with 200ml milk