HIERRO: UN MINERAL IMPORTANTE DURANTE EL EMBRAZO

El hierro es un mineral que es importante para diferentes funciones del cuerpo. El hierro es almacenado en la hemoglobina, la cual lleva el oxígeno a los tejidos del cuerpo y ayuda en la formación de las células rojas. Anemia a causa de deficiencia del hierro es la deficiencia nutricional más común y puede afectar negativamente al feto y la madre durante el embarazo.

A medida que el volumen de tu sangre se expande durante el embarazo tu cuerpo necesita el doble de la cantidad de hierro para acomodar los cambios en tu cuerpo. También las células de sangre de tu bebé son formadas del hierro adicional que tu tienes.

Cantidad Recomendada:

Se le recomienda a las mujeres embarazadas que consuman 27 miligramos de hierro diario (no más de 18 miligramos de hierro antes del embarazo).

Deficiencia de Hierro:

Si tu doctor o tu estan preocupados por saber si estas consumiendo suficiente hierro, te puedes hacer un examen de sangre en el cual checan tu hemoglobina y hematocrita. Casi todos los obstetras checan este laboratorio entre la semana 24 y 28 de gestación. Es recomendado que te hagan este examen entre las semanas 14-28 de gestación si estas embarazada con múltiples, ya que el riesgo de anemia y el requisito de hierro son más altos durante este tipo de embarazos.

Si no estas consumiendo suficiente hierro o estas perdiendo demasiado hierro entonces tienes un riesgo más alto de anemia a causa de deficiencia de hierro.

Síntomas que puedes tener si no estas consumiendo suficiente hierro (anemia a causa de deficiencia de hierro):

- Piel palida (palidez)
- Debilidad
- Fatiga
- Dolor de cabeza
- Mareos (vertigo)
- Soñolienta
- Irritabilidad
- Dificultad para respirar (dyspnea)
- Manos y pies helados
- Querer comer cosas que no son nutritivas (PICA) por ejemplo hielo y platilina
Eat Wisely for More Iron

There are two types of iron in the diet, heme (animal) and non-heme (non animal) iron. Heme iron is absorbed better than non-heme. Heme iron is found in foods such as meat, poultry and fish. Beef liver, chicken liver and oysters are among the richest sources of heme iron. Non-heme iron is best absorbed by the body when eaten with a source of vitamin C such as citrus fruits. Low amounts of non-heme iron are found in dietary sources such as fruits, vegetables, grains, eggs and dairy products. The richest sources of non-heme iron are fortified cereals and tofu.

Food Sources of Iron

- Animal (heme): Organ meats, meat, poultry, fish, shellfish
- Plant (non-heme): Firm tofu, dried beans, eggs, dark leafy greens, whole grain and enriched breads, cereals, pasta, bulgur, black strap molasses, prune juice and dried fruits. Infant cereals are fortified with iron. Cooking food in iron cookware also adds iron.

Help Your Body Absorb More Iron from the Foods You Eat:

- Include heme iron sources (for those trying to lower cholesterol choose lean cuts of meats and non-heme sources).
- Include vitamin C food sources with non-heme iron (fruits and vegetables - oranges/juice, grapefruit/juice, strawberries, cantaloupe, broccoli).

Supplements

Most prenatal vitamins contain iron. In some cases your health care provider may recommend an additional iron supplement. *Be aware of foods that block the absorption of iron (avoid taking iron supplements with tea, milk products or soda).*
### Excellent Sources (5 milligrams of iron or greater per serving)
- Liver, cooked – 3 ounces (beef, calf, chicken)
- Oysters – ½ cup (canned – avoid raw during pregnancy)

### Good Sources (Approximately 3 milligrams of iron per serving)
- Most beef and veal lean and cooked – 3 ounces

### Fair Sources (Less than 3 milligrams of iron per serving)
- Fish – 3 ounces
- Chicken – 3 ounces

### Heme Iron: Meat
- Liver, cooked – 3 ounces (beef, calf, chicken)
- Oysters – ½ cup (canned – avoid raw during pregnancy)
- Most beef and veal lean and cooked – 3 ounces
- Fish – 3 ounces
- Chicken – 3 ounces

### Non-heme Iron: Cereals Grains Beans Vegetables Fruits
- Iron-fortified cereals – 1 oz (check the label for cereals that contain **45% or more** of the daily requirement for iron)
  - 100% Bran
  - Cheerios (regular and crunch)
  - Chex (Rice, Corn, Wheat*, *Multi Bran*, Honey Nut, Strawberry and Chocolate)
  - Cornflakes
  - *Cream of Wheat*
  - Farina
  - Quaker Oatmeal Squares*[^F] (brown sugar, cinnamon and golden maple)
  - Life
  - Kellogg’s Bran Flakes
  - Kix
  - Total
  - Wheaties
  - Spinach (fresh) cooked – 1 cup

- Iron-fortified cereals – 1 oz (check the label for cereals that contain **25% or more** of the daily requirement for iron)
  - Most Legumes – 1 cup
    - Baked beans
    - Garbanzo beans
    - Great Northern beans
    - Kidney beans
    - Navy beans
    - Pinto beans
  - Soy Beans (boiled) – 1 cup
    - Baked beans
    - Garbanzo beans
    - Great Northern beans
    - Kidney beans
    - Navy beans
    - Pinto beans
  - Spinach (canned) – 1 cup
  - Blackstrap molasses – 1 Tablespoon

- Iron-fortified cereals – 1 oz (check the label for cereals that contain **10% or more** of the daily requirement for iron)
  - Bagel – 1 whole
  - Tortilla – 1 (6 inch diameter)
  - Enriched breads, rice, macaroni and pasta – 1 ounce
  - Baked potato – 1 medium
  - Spinach, raw – 2 cups
  - Spinach (frozen), cooked – 2 cups
  - Dried prunes, apricots, figs – 1 cup
  - Raisins – ½ cup
  - Prune Juice – ½ cup
  - Mango – 1

*[^F]: Greater than 50% of the daily value; F = 5 grams of fiber per serving or more

[www.mypyramid.gov](http://www.mypyramid.gov) – 1 ounce of iron fortified cereal is equivalent to 1 cup of cereal