Why You Need Iron and How to Safely Get It

Anyone who does activity above a “normal” student needs to take some type of vitamins.  Girls are more prone to have low iron levels and should make sure to take iron so they don’t become anemic.  If someone is having a hard time and not running where their practices say they should or seem to be killing themselves to make time or finish practice, they need to be taking double of an iron supplement.  It will not affect them in any negative way.

Go to SaveMart or CVS and pick up an iron supplement, the recommend daily dosage might be enough.  You can also double the dosage.

In addition you should include in your diet anything that has iron:

* Red meat
* Egg yolks
* Dark, leafy greens (spinach, collards)
* Dried fruit (prunes, raisins)
* Iron-enriched cereals and grains (check the labels)
* Mollusks (oysters, clams, scallops)
* Turkey or chicken giblets
* Beans, lentils, chick peas and soybeans
* Liver
* Artichokes

Oh yeah…never drink milk with iron.  The Calcium blocks the iron from being absorbed.  Drink OJ instead.  Vitamin C helps the body absorb the iron.