





Recipes For Mothers High in Iron



Mummy Nutrition
Fair Stall 2022 Chester
University

Sources of iron safe for pregnant women

Haem iron (found in animal products)

- Beef or chicken liver
- Tuna and shrimp
- Lean ground beef
- Eggs



Raw meat and shellfish (uncooked seafood, oysters, mussels, and clams) should all be avoided during pregnancy though high in iron.

Non-haem iron (found in plants and animals however it is less easily absorbed by the body)

- Beans, such as lentils
- Instant oatmeal
- Fortified cereals
- Whole-wheat bread
- Tofu
- Spinach
- Peanut butter

Pregnant women need **27 milligrams of iron per day** (compared to 18 milligrams for adults women 19 to 50 who are not expecting. Most prenatal vitamins include enough iron to cover that increase, but iron deficiency anaemia is common in pregnancy due to the increase demand for blood production.

Table 1: Recommended Dietary Allowances (RDAs) for Iron [\[5\]](#)

Age	Female	Pregnancy	Lactation
14–18 years	15 mg	27 mg	10 mg
19–50 years	18 mg	27 mg	9 mg

Breakfast ideas

If you're a vegetarian or vegan and therefore consuming sources of iron such as spinach, fortified cereals, make sure to have vitamin C alongside to help absorbed. These include **strawberries, citrus fruits, potatoes, red or green bell peppers, broccoli, kiwi fruit and tomatoes.**

Fortified cereal with strawberries and almond milk

A lot of supermarket bought cereals are already fortified with iron and other vitamins/ minerals (bran, Weetabix, special K) – add a portion of fruit along side this for extra goodness, or even serve with Greek yoghurt instead of milk for something different!



Omelette with half of a red bell pepper and ½ cup chopped tomato, and spinach with side of orange juice

Whisk together 2 eggs and add to a frying pan with oil add chopped peppers and tomatoes, sprinkle salt and pepper for taste.



Breakfast taco with potatoes, egg, cheese, bell peppers, meat source if you fancy

Chop or grate your potatoes so they cook easily (as much as you want) prepare scrambled egg and meat source (bacon, ground beef etc), chop peppers. Add all the ingredients to the wrap and enjoy.



Lunch ideas

(Found on the BBC website)

Healthy chilli con carne

Ingredients

- low-calorie cooking spray
- 450g/1lb extra lean minced beef (5% fat)
- 1 large red onion, finely chopped
- 3 tsp finely grated garlic
- 1 courgette, cut into 1cm/½in pieces
- 1 aubergine, cut into 1cm/½in pieces
- 1 red pepper, deseeded and cut into 1cm/½in pieces
- 2 tsp ground cumin
- 1 tsp sweet smoked paprika
- ½ tsp ground cinnamon
- 1 tsp hot chilli powder
- 400g tin red kidney beans in chilli sauce
- 400g tin chopped tomatoes
- 4 tbsp tomato purée
- 200ml/7fl oz beef stock
- 200g/7oz brown basmati rice
- salt and freshly ground black pepper



Method

1. Spray a large frying pan with cooking spray. Add the beef and stir-fry over a high heat for 5–6 minutes, or until lightly browned.
2. Add the onion, garlic, courgette, aubergine and red pepper and stir-fry for a further 3–4 minutes. Add the cumin, smoked paprika, cinnamon and chilli powder and stir-fry for 1–2 minutes.
3. Add the kidney beans, tomatoes, tomato purée and stock and season well. Bring to the boil, then reduce the heat to a simmer, cover and cook for 25–30 minutes, stirring occasionally.
4. Uncover, stir and cook over a medium heat for 10 minutes.
5. Meanwhile, cook the rice according to the packet instructions.
6. Ladle the chilli over the rice in warmed bowls and serve immediately, with a dollop of fat-free yogurt and some chopped coriander.

Tofu peanut vegan stir-fry

Ingredients

- 180g/6oz firm tofu, drained
- 1 tbsp sesame oil
- 4 garlic cloves, crushed
- thumb-sized piece fresh root ginger, grated
- 1 small red chilli, finely sliced
- 300g pack straight-to-wok medium noodles
- 1 red pepper, seeds removed and sliced lengthways
- 1 yellow pepper, seeds removed and sliced lengthways
- 4–5 Tender stem broccoli stems (around 85g/3oz)
- 5 spring onions, finely sliced
- 1 large carrot, peeled into ribbons
- pinch salt
- 1 tsp sesame seeds, to garnish
- 1 tbsp chopped peanuts, to garnish



For the sauce

- 2 tbsp sesame oil
- 3 tbsp tamari or soy sauce
- 1 tbsp maple syrup
- 1 tbsp freshly grated root ginger (or 1 tsp ground ginger)
- 2 tbsp peanut butter (smooth or crunchy)

Method

1. Whisk all the sauce ingredients together in a large bowl with 100ml/3½fl oz water.
2. Cube the tofu and cover in half of the sauce (setting the other half aside).
3. Put a wok over a high heat, add the sesame oil and fry the tofu for about 5 minutes. Add the garlic, ginger and chilli and fry for a further 2 minutes.
4. Add the peppers, broccoli and spring onions, reserving a handful to garnish, to the stir-fry and toss over a high heat for 3–4 minutes before adding the carrot ribbons. Add the noodles, pour in the remaining sauce and season with the salt. Stir-fry until the noodles are coated in the sauce and heated through.
5. Serve the stir-fry with the reserved spring onions, sesame seeds and chopped peanuts to garnish.



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