

Iron Deficiency Anaemia in Pregnancy

40% OF REPRODUCTIVE AGE WOMEN IN NZ HAVE SUBOPTIMAL IRON. This is especially important when:

- previous iron deficiency
- age <18 years
- vegetarian
- <1 year since last pregnancy
- bleeding disorder
- Jehovah's Witness



28 week bloods:
Hb < 110g/l
Ferritin <15µ/l

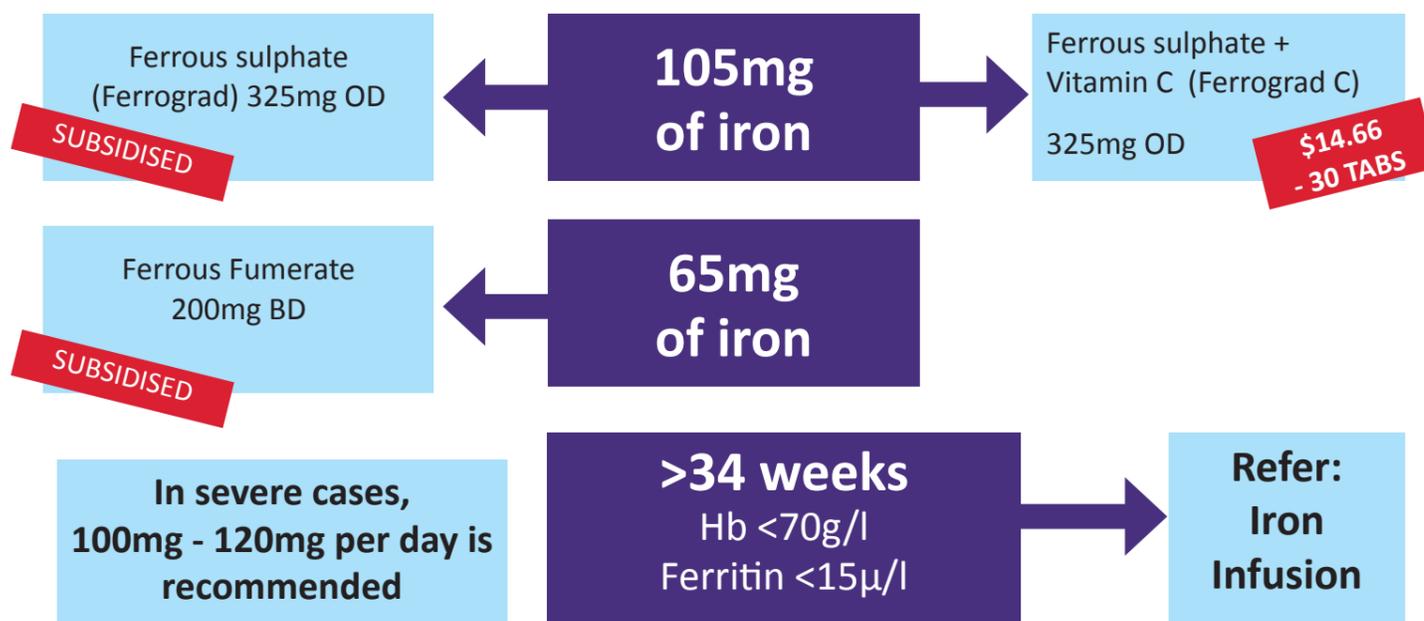
ONE IN TEN MĀORI WOMEN ARE IRON DEFICIENT. Iron deficiency leads to an increased risk of:

- heavy bleeding after birth (PPH)
- blood transfusion
- low birth weight
- preterm delivery
- neonatal iron deficiency anaemia



AT LEAST 60mg of elemental iron per day

Note: No formulation is more effective than the other. Use as tolerated.



3rd trimester

is when the highest amounts of iron is required

Less than 20%

of iron is absorbed in a western diet

Absorption is best when taken at the same time as

Vitamin C.

Aim for 5+ serves of fruit or coloured vege per day

Tea & coffee

STOP absorption

Don't have tea or coffee two hours before or after taking iron

Iron rich foods

There are two sources of dietary iron

HAEM IRON: Animal based and easily absorbed

NON-HAEM IRON: Plant based and not as easily absorbed so more is needed to be consumed.



Examples of Haem iron food

Grilled lean fillet steak - 173g..... 5.8mg
Lean lamb leg steaks - 116g..... 4mg
Canned salmon - 90g..... 2mg

Examples of non-haem iron food

Cooked tofu - 100g 5.4mg
Boiled spinach - 1/2 cup 2.5mg
Cooked kidney beans - 1/2 cup 2mg
Fruity muesli - 1/2 cup 1.9mg