

# Are You Getting Enough Iron?

(NAPSA)—Did you know most women are shortchanging their bodies' need for iron? Meeting daily iron requirements will help maintain healthy blood, which could result in better work performance and less fatigue.

According to a recent survey conducted by Cream of Wheat® hot cereal, there is a significant gap between women's perceptions about their iron-consuming habits and reality.

Fifty-five percent of women between 19 and 50 years old believe they consume at least 18 mg of iron a day, which is the recommended daily value. Yet, according to the Centers for Disease Control and Prevention (CDC), only 10 percent of women between those ages actually consume that amount of iron on a daily basis.

Oddly enough, women who are currently pregnant are less informed about the need for added iron intake during pregnancy than non-pregnant women. Specifically, 72 percent of nonpregnant women were aware that iron intake should be 1.5 times the recommended daily value during pregnancy, whereas only 65 percent of those



currently pregnant were aware.

To help boost iron consumption, there are a number of foods that women can eat every day. Elizabeth Somer, registered dietitian and author of *Age-Proof Your Body* and *Nutrition for a Healthy Pregnancy*, says "Foods such as extra-lean meat, fortified cereals such as Cream of Wheat, dark leafy vegetables and enriched grains are all good sources of iron." In fact, one serving of Cream of Wheat supplies nearly half of the daily value of iron, making it an excellent source of iron.

For additional information on incorporating healthy foods into your diet, visit the Web site at [www.creamofwheat.com](http://www.creamofwheat.com).