# Article information:

Foods high in iron | healthdirect  
<https://www.healthdirect.gov.au/foods-high-in-iron>

# Article summary:

1. Iron is an essential nutrient that can only be obtained through the diet and is needed for functions such as preventing anemia.

2. Haem iron, found in meat, poultry, and fish, is easily absorbed by the body, while non-haem iron from plant-based sources requires more consumption to meet dietary requirements.

3. The recommended daily intake of iron varies depending on age, sex, and life stage, and it is important to ensure proper absorption by consuming foods rich in vitamin C and avoiding substances that inhibit iron absorption.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Foods high in iron" provides information about the importance of iron in the diet, sources of iron, recommended daily intake, and tips for improving iron absorption. While the article provides some useful information, there are a few potential biases and missing points of consideration that should be addressed.

One potential bias in the article is its focus on promoting animal-based sources of iron. The article mentions that haem iron, which is easily absorbed by the body, can be found in meat, poultry, and fish. However, it only briefly mentions plant-based sources of non-haem iron without providing specific recommendations or emphasizing their importance. This could lead readers to believe that animal-based sources are superior or more necessary for meeting iron requirements.

Additionally, the article does not mention the potential health risks associated with consuming excessive amounts of haem iron from red meat. High intake of red and processed meats has been linked to an increased risk of certain diseases such as colorectal cancer and cardiovascular disease. It would have been beneficial for the article to provide a balanced view on this topic and discuss alternative sources of iron for those who choose to limit their consumption of animal products.

Furthermore, the article does not address the issue of bioavailability when discussing non-haem iron sources. Non-haem iron from plant foods is generally less readily absorbed by the body compared to haem iron from animal foods. However, consuming vitamin C-rich foods alongside non-haem iron can enhance its absorption. This important point is briefly mentioned but not explored in detail.

The article also lacks evidence or references to support some claims made. For example, it states that children's iron stores become low by 6 months and recommends introducing iron-enriched cereals as a first food at this age. However, no evidence or studies are cited to support this recommendation.

Another missing point is the consideration of factors that can affect individual iron requirements beyond sex and age. Certain medical conditions, such as iron-deficiency anemia or pregnancy, may increase the need for iron supplementation. It would have been helpful for the article to mention these factors and advise readers to consult with a healthcare professional for personalized recommendations.

Overall, while the article provides some basic information about iron and its food sources, it has potential biases towards animal-based sources of iron and lacks in-depth discussion on important considerations such as bioavailability and individual requirements. It would benefit from providing a more balanced view and supporting its claims with evidence or references.

# Topics for further research:

* Health risks of excessive haem iron consumption from red meat
* Alternative sources of iron for those who limit animal product consumption
* Bioavailability of non-haem iron and its enhancement with vitamin C
* Evidence supporting the recommendation of introducing iron-enriched cereals as a first food for infants
* Factors affecting individual iron requirements beyond sex and age
* Iron supplementation for medical conditions such as iron-deficiency anemia or pregnancy

# Report location:

<https://www.fullpicture.app/item/004122eeb0e4f2307bc4e8a8d0cc67d3>