

Mayo Clinic Minute

Female athletes may need more iron

Video	Audio
Vivien Williams	Female athletes, listen up. Mayo Clinic experts say you may need more iron in your diets to prevent exercise-associated iron deficiency and anemia.
Erica Goldstein Dietitian Mayo Clinic	“Iron deficiency and anemia can really impede athletic performance.”
Vivien Williams	Sports dietitian Erica Goldstein published a paper that shows female athletes who do high-intensity training for extended periods of time, and/or do exercises that include repetitive heel striking, such as running, are at increased risk.
Erica Goldstein	“Women are at particular risk because of menstrual blood loss and also if they’re not able to eat enough to meet their training needs.”
Vivien Williams	Iron supplements and the following examples of iron-rich foods help: chili, lentil soup with chicken, red meat, eggs, nuts, cooked spinach and fortified cereal. Plant-based dietary iron should be combined with a source of vitamin C, such as strawberries or raisins, to help improve absorption.
	For the Mayo Clinic News Network, I’m Vivien Williams.