

鐵質與血紅素



血紅素

存於紅血球內，主要負責將氧氣從肺部輸送到身體各個部位。

鐵質

鐵質是製造血紅素的必要元素。缺乏鐵質會減少體內的血紅素。如果紅血球內沒有足夠的血紅素便是貧血。

捐血

由於全血捐贈會令身體流失紅血球，如果捐血人士不持續進食含豐富鐵質的食物，經多次捐血後，身體內的鐵質就會下降或甚至不足。這情況於偏食、節食、周期性失血或素食人士中尤其常見。

健康飲食

要預防缺鐵性貧血，除了養成健康的飲食習慣和參照健康飲食金字塔的份量比例進食外，平日應留意攝取足夠鐵質。

含鐵食物知多少

	100克食物鐵質含量(毫克)		100克食物鐵質含量(毫克)
肉類		魚類及海產類	
牛肉(熟)	4.1	八爪魚(熟)	9.5
羊肉(熟)	2.7	蠔(熟)	8.1
豬肉(熟)	1.8	青口(熟)	6.7
雞肉(熟)	1.2	蜆(熟)	2.8
		罐頭水浸吞拿魚	1.5
堅果及種子類		豆類	
芝麻	14.6	黃豆(熟)	5.1
葵花子	6.8	扁豆(熟)	3.3
腰果	6	紅腰豆(熟)	2.9
開心果	4	雞心豆(熟)	2.9
杏仁	3.7	紅豆(熟)	2
合桃	2.9	綠豆(熟)	1.8
花生	1.6	硬豆腐	2.7
水果類		蔬菜類	
杞子乾	6.8	木耳(乾)	5.5
杏甫乾	2.7	菠菜(熟)	3.6
提子乾	2.6	苜蓿(熟)	2.3
		紅菜頭(熟)	1.8

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肉類有齊兩種鐵質：血紅素鐵佔40%；非血紅素鐵佔60%；血紅素鐵較易吸收；吸收不受藥物和其他食物影響。

植物只有非血紅素鐵，但只要多食蔬果，蔬果中的維他命C，可幫助鐵質吸收。

茶、咖啡、奶(含鈣)、胃藥、一些抗生素會影響非血紅素鐵吸收。適宜膳食前兩小時或膳食後一小時方飲食用。

醒目攝鐵

1. 進食高鐵質含量的食物。
2. 進食含有豐富維他命C的食物以助鐵質吸收(50毫克的維他命C，相等於一個橙或一個奇異果，便能將鐵質的吸收效果提升2-3倍)。
3. 由於濃茶或咖啡會直接阻礙腸內鐵質吸收，故建議大家避免在用餐時飲用濃茶或咖啡。



鐵補充知識

Q1. 為甚麼捐血人士需要用鐵丸?

捐血者容易導致缺鐵，雖然血紅素初期仍然正常，但是體內的鐵存儲會漸漸地耗盡。嚴重缺鐵如果得不到補充，會進一步導致缺鐵性貧血。

Q2. 怎樣服用鐵丸?

空肚服用鐵丸。若同時進食含維他命C的食物，會增加鐵質吸收。茶、咖啡、奶、胃藥、一些抗生素會影響非血紅素鐵吸收。適宜膳食前兩小時或膳食後一小時方飲食用。

Q3. 口服鐵丸遇見的副作用和處理:

1. 難忍的金屬味或服用後一小時感作嘔、胃痛

處理：
- 雖然空肚吸收較佳，但就餐服用鐵丸可以緩解以上副作用。
- 降低鐵丸劑量
- 減少每日服用次數
- 替換另一種鐵丸

當然，以上策略目的是為了緩解副作用，而服用鐵丸的總時段需要拖長。

2. 便秘

處理：服用大便軟化劑(建議諮詢你的醫生)

Iron and Haemoglobin



Haemoglobin

It is found inside red blood cell for transporting oxygen from lung to tissue in our body.

Iron

Iron is important for haemoglobin function. Iron deficiency would reduce haemoglobin level. Anaemia develops when haemoglobin is low.

Blood donation

With each whole blood donation, a portion of your iron store is lost. Therefore, your iron level may drop or even become inadequate after several donations if dietary compensation is not adequate. This condition is especially common in poor-balanced or vegetarian diet, or in women with concurrent heavy menstrual loss.

Healthy Diet

On top of adhering to Food Pyramid, donors would have to adopt iron-rich diet to ensure adequate iron intake.

Iron-Rich Food

	Iron (mg) Value per 100g		Iron (mg) Value per 100g
Meat		Fish	
Beef (cooked)	4.1	Octopus (cooked)	9.5
Lamb (cooked)	2.7	Oyster (cooked)	8.1
Pork (cooked)	1.8	Mussel (cooked)	6.7
Chicken (cooked)	1.2	Clam (cooked)	2.8
		Tuna, canned in water	1.5
Nuts		Beans	
Sesame	14.6	Soybean (cooked)	5.1
Sunflower seeds	6.8	Lentils (cooked)	3.3
Cashew nuts	6	Red Kidney (cooked)	2.9
Pistachio	4	Chickpea (cooked)	2.9
Almond	3.7	Red Bean (cooked)	2
Walnut	2.9	Green Bean (cooked)	1.8
Peanut	1.6	Firm Tofu	2.7
Dried Fruits		Others	
Dried Goji Berries	6.8	Dried Black Fungus	5.5
Dried Apricots	2.7	Spinach (cooked)	3.6
Dried Raisins	2.6	Amaranth (cooked)	2.3
		Beetroot (cooked)	1.8

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Meat contains both heme (40%) and non-heme (60%) iron. Heme iron is readily absorbed and is not easily affected by other food, drink or medication.

Vegetables contain only non-heme iron. Its absorption is greatly increased by the use of Vitamin C.

Avoid tea, coffee, milk (contains calcium), some antibiotics, antacid and other medication that suppresses stomach acid during your meal. You may take them 2 hours before or 1 hour after your meal.

Absorption Tips

1. Increase intake of iron-rich food.
2. Vitamin C enhances iron absorption (An orange or a kiwi fruit contains 50mg vitamin C which enhances iron absorption by 2 to 3 times).
3. Caffeine interferes with the body's absorption of iron. Avoid coffee or tea during meals.



Iron Supplement

Q1. Who needs iron supplement?

Iron store will be depleted if you have chronic blood loss or repeated blood donation. Even your hemoglobin level is not low, you need to replenish the iron store. Most severe form of iron deficiency is the development of anaemia, you need iron to correct your anaemia and replenish the iron store.

Q2. How to take iron supplement?

Take Vit C-rich food together with iron supplement could further improve its absorption. Avoid tea, coffee, milk (contains calcium), some antibiotics, antacid and other medication that suppresses stomach acid during your meal. You may take them 2 hours before or 1 hour after your meal.

Q3. Iron supplement side effects and management:

1. Intolerable metallic tastes; nausea or stomachache 1 hour after ingestion.

Management:

- Although empty stomach is better for absorption, you may take iron with your meal since it is better than stopping the supplement altogether.
- Reduce the iron dosage.
- Reduce daily frequency of iron
- Switch to other iron formulation.

The above strategies are adopted to minimize your discomfort with iron, your total duration of iron supplementation will be lengthened.

2. Constipation.

Management: Stool softener.

(Please follow advice from your doctor.)