

孕期铁元素缺乏

孕妇体内的铁元素水平经常下降到很低，这是因为不断生长的胎儿需要大量的铁元素。对于大多数女性来说，健康的饮食和产前补充维生素可以提供足够的铁元素，但是有一些女性仍然需要摄入更多的铁元素。

增加饮食中的铁元素

很多食物都含有少量铁元素，只有少量食物含铁量比较高。为了保证您的饮食中含有比较高的铁元素，您每天至少应该摄入以下 5 种食物中的 2 种：

- 1/2 - 1 杯的红肉（如牛肉）；
- 1/2 - 1 杯的豆类和豆制品（如豆腐）；
- 2 个蛋黄；
- 2/3 - 1 杯的燕麦片或者麦乳；
- 1 杯的强化早餐谷物。

（在购买食物时，请阅读包装上的营养标识，并购买包含 30%日常推荐铁元素摄入量的食物。传统的麦片品牌，如 Cheerios, Shreddies or Raisin Bran, 最可能标有这些信息。）

与大众观念相反的是，菠菜和其他的绿叶蔬菜并不是铁元素的好的膳食来源，因为他们包含的铁元素不能被人体稳定的吸收。素食者应当侧重使用豆类或者豆制品，因为他们是绝佳的铁元素来源。

您的医生建议您：

1. 增加食物铁含量
2. 使用补充铁元素的制剂（您的医生或者护士会推荐以下制剂中的一款）
 - 硫酸亚铁 300mg 每日一次
 - 硫酸亚铁 300mg 每日 ____ 次
 - 硫酸亚铁 600mg 睡前隔日一 次
 - 其它：_____

这些制剂可以在药剂师处购买并且不需要处方，通常它们摆放在柜台里面。

维生素 C 可以帮助铁元素的吸收。铁制剂可以与 500mg 维生素 C 一起在空腹时口服，千万不要同其他药物或者其他维生素同时口服（包括产前维生素）。

请注意，不要从网络或者健康食物商店购买补充铁元素的制剂，其中包含的铁元素可能无法满足您身体的需要。有些孕妇认为从网络或者健康食物商店购买的制剂不容易引起胃肠不适，但事实是，正是因为这些制剂包含的铁元素少，所以引起胃肠不适的几率降低。

Iron Deficiency (low iron levels) in Pregnancy

Pregnant women's iron levels often drop very low because growing babies require a lot of iron. Although a healthy diet and a prenatal vitamin is enough for many women, some require more.

Increasing iron in your diet:

Iron is present in small amounts in many different foods, but only a few foods have very high levels. To follow a "high iron diet", eat a **minimum of two of the following choices per day**:

- red meat (beef), ½ to 1 cup serving
- beans and legumes (soy products like tofu), ½ to 1 cup serving
- egg yolks, 2 per serving
- oatmeal or cream of wheat cereal, ⅔ to 1 cup serving
- fortified breakfast cereals*, 1 cup serving

*read the nutrition label and look for "contains **30%** daily recommended intake of iron". Traditional breakfast cereals like Cheerios, Shreddies, or Raisin Bran are most likely to have this.

Contrary to popular belief, spinach and other leafy green vegetables are not good dietary sources of iron because the type of iron they contain cannot be readily absorbed. If you are vegetarian, focus on beans and legumes, which are excellent iron sources.

Your physician recommends:

- to increase the iron in your diet** (see other side)
- to take an iron supplement** (physician or nurse will recommend one)
 - ferrous sulfate 300mg once daily
 - ferrous fumarate 300mg ___ times daily
 - ferrous fumarate 600mg at bedtime every other day
 - other: _____
 - Vitamin C 500mg (take with the iron supplement)

These can be purchased directly from a pharmacist without a prescription; kept behind the pharmacy counter. Vitamin C helps iron be absorbed so **take your iron along with 500mg of Vitamin C on an empty stomach, and never with any other medications or vitamins** (including your prenatal vitamin).

Do not purchase an iron supplement online or from a health food store. Although these types of supplements are often preferred by pregnant women because they cause less stomach upset, this is because they contain **much** less iron and aren't adequate to meet your needs.