

The Blocker List

What's stopping the iron you already eat, and the one-hour rule that fixes most of it.

750 women on our waitlist never knew what was missing. Start here.

01 Coffee *the one that gets everyone*

Tannins in coffee grab plant iron in your gut before your body can. Decaf does it too.

do this: Have it an hour either side of your iron meal. Don't quit it. Move it.

02 Tea and matcha

Black, green and matcha carry the same tannins. It's not the caffeine, it's what binds the iron.

do this: Same one-hour gap. The matcha stays, it just moves.

03 Milk, yoghurt and cheese

Calcium competes with iron at the gut wall. The latte, the yoghurt bowl and calcium tablets all count.

do this: Keep dairy and calcium tablets away from the meal you're counting on for iron.

04 Bran, muesli and unsoaked grains

Phytates in bran, raw oats and unsoaked grains and legumes bind iron and take it with them.

do this: Soak overnight, pick sourdough over standard bread, and add vitamin C to the same plate.

05 Plant iron on its own

Spinach, lentils and tofu carry the hard-to-absorb kind. On their own, most of it goes straight through.

do this: Vitamin C in the same mouthful. Lemon on the greens, capsicum in the stir-fry, kiwi after.

the one-hour rule

An hour between the cup and the plate, and you keep the iron you already ate. Nothing to give up, nothing to buy. Just move it.

Want to know which one's yours?

Take the two-minute quiz at bloodflo.com.au

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General nutrition information, not medical advice. If you think your iron is low, ask your GP for a blood test.