

What is iron deficiency anaemia?

Iron is an important building block for making haemoglobin, the part of your red blood cells that deliver oxygen to every cell in your body. Iron deficiency anaemia can occur if you do not have enough iron to make the haemoglobin you need.

During pregnancy it is recommended that you eat 27mg of iron per day. This is almost twice the amount of iron than when you are not pregnant.

It is estimated 1 in every 4 women of childbearing age, in the UK are anaemic.

