An Ounce of Iron

An apple a day keeps the doctor away, but will an ounce of iron make you rust?

Ingredients
iron fortified breakfast cereal
(Total is the best!)
container
magnetic stir bar or magnetic wand
Water

To crush the cereal, put the cereal in a zip-lock baggy and use a rolling pin to crush it into fine particles. Put about a half cup of the cereal in a container. Add enough water to cover the cereal. Allow the ingredients to stand until the cereal is soggy. Stir the mixture with a magnetic stir bar gently for several minutes. Remove the stir bar and observe. Iron metal is attached to the stir bar. Iron fortified cereal contains food grade iron powder.

Discussion
Why would the manufacturer add iron to cereal? Iron is one of the essential minerals our bodies require. Iron is an important part of our blood. We assume that the iron added to food products would be found in a natural state such as in liver. However, in an iron fortified cereal it is added in its elemental state. The iron reacts with the acid in the stomach to make it easily digestible.

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