

Iron-Rich Foods

ALL MEATS

Especially liver, kidney and red meat
Ham or pork / chicken / turkey

FISH AND SHELLFISH

Clams
Sardines
Scallops
Tuna

DRIED BEANS AND PEAS

Lentils
Lima beans
Red kidney beans
Split peas

EGGS

Especially yolks

NUTS

Almonds
Brazil nuts
Cashews

SEEDS

Pumpkin/squash seeds
Sunflower seeds

VEGETABLES

Asparagus
Green peas
Peppers, hot, red, dried
Spinach
Tomato juice

FRUITS *fresh or dried*

Apricots
Peaches
Dates
Prunes or prune juice

BREAKFAST CEREALS

All Bran
Raisin Bran
Cream of wheat
Cheerios
Grapenuts
Puffed Wheat
Shredded Wheat

ODDS AND ENDS

Brewer's yeast
Blackstrap molasses
Whole wheat flour
Brown sugar
Egg noodles

Remember!

- If you are taking iron supplements, calcium (i.e., milk) will BLOCK its absorption
- Vitamin C (supplement or orange juice) will help you absorb MORE iron
- Iron pills are a leading cause of childhood poisonings. Keep your pills safe.