

Foods with high sources of iron

A diet that regularly includes the following foods will help promote red cell regeneration, boosting your iron levels.

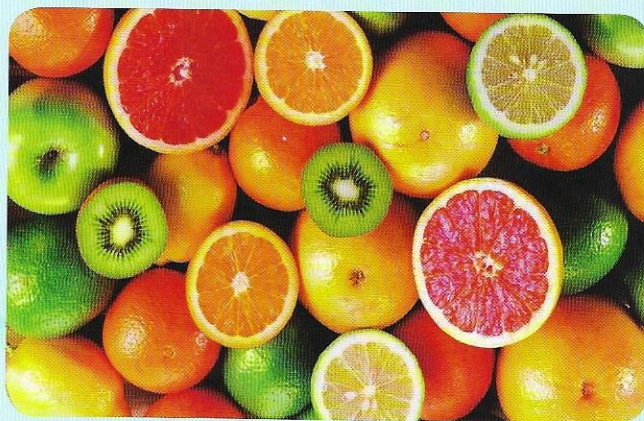
- Eggs, lean beef and pork, poultry (turkey and chicken), liver
- Fish (tuna, salmon, perch, sardines) and shellfish (clams, oysters, shrimp)
- Iron-enriched or iron fortified foods, breakfast cereals or bread fortified with iron
- Vegetables such as spinach, broccoli, peas, kale and baked potatoes
- Beans and lentils (kidney and lima beans)
- Nuts (almonds) and seeds (pumpkin seeds, sesame)
- Enriched grains such as brown rice, oatmeal and cream of wheat
- Dried fruits (prunes, dates, figs, apricots and raisins)
- Molasses (blackstrap)



Foods that may help

Vitamin C helps the body absorb iron and should be consumed at the same time as high-iron foods. Foods that are high in vitamin C include:

- Oranges/orange juice, tangerines and grapefruit
- Strawberries, papayas, kiwi fruit, mango and cantaloupe
- Green and red peppers
- Vitamin C supplements



Foods that may hinder

Some foods limit your absorption of iron. You should avoid eating these foods at the same time as eating iron-rich foods, or eat them at least two hours before or after the iron-rich meal so they will not decrease the iron your body absorbs.

- Coffee, cocoa and other caffeinated drinks
- Black and green tea
- Soy products
- Alcoholic beverages



This information is provided solely as a resource and is not intended as a substitute for medical advice.