



TO IMPROVE IRON INTAKE IN YOUR DIET

- 1.** Consume foods that are good sources of vitamin C at the same time you eat foods high in iron content to enhance the absorption of iron. Examples of foods high in vitamin C include: citrus fruits and juices, broccoli, papaya, cauliflower, cantaloupe, green pepper, guava, strawberries, and tomatoes.
- 2.** Include servings of red meat, fish, and/or poultry. If you are on a low fat or low cholesterol diet:
 - Select lean cuts
 - Remove visible fat including poultry skin
 - Use low fat cooking methods such as grilling, baking, broiling, steaming, etc.
- 3.** Choose cereals and bread products that have been enriched with iron.
- 4.** Cook foods in an iron pan or skillet. Acidic foods can help take up the iron from the pan.
- 5.** Drink tea and coffee between meals. Caffeine drinks can lower the amount of iron absorbed by your body.
- 6.** Your doctor may prescribe a vitamin-mineral supplement. Take as prescribed.

FOOD SOURCES OF IRON:

- 1.** Beef and chicken liver, cooked.
- 2.** Dried beans and peas.
- 3.** Green leafy vegetables such as spinach or turnip greens. Remember, the more you cook vegetables, the more vitamins and minerals you will lose.
- 4.** Dried fruits, such as dates, apricots, or raisins.
- 5.** Try prunes or prune juices.
- 6.** Cream of Wheat (fortified with iron)

PORTION SIZES FOR HIGH IRON FOODS

A general diet can be followed with emphasis on the following foods.

Foods containing a high amount of iron per average serving (over 5 mg):

Beans, Kidney, Dry	½ cup
Beans, Pinto, Dry	½ cup
Clams, canned	3 ounces
Clams, cooked	3-1/2 ounces (9 small)
Cream of Wheat	1 packet
Kidney, beef	3-1/2 ounces
Kidney, pork	3-1/2 ounces
Liver, Port	3 ounces
Liver, Calf or Beef	3-1/2 ounces
Liver, Chicken	3 ounces
Oysters	½ cup

Foods containing a moderately high amount of iron per average serving (3 – 5 mg).

Apricots, dried, cooked	2/3 cup
Beans, lima	1 cup
Beet greens, cooked	½ cup
Dates	2/3 cup
Kidney beans, boiled	1 cup
Lentils, boiled	1 cup
Meat, lean (beef, lamb, veal, pork, and turkey)	3-1/2 ounces
Navy beans, boiled	1 cup
Peach halves, dried	10
Peas, dry	1 cup
Peas, green	1 cup
Pinto beans, boiled	1 cup
Prune juice	1 cup
Spinach, cooked	1/2 cup

