

Low Iron Blood

Low iron blood, or anemia, occurs when your body has too little iron. To prevent this, it is important to eat foods high in iron and protein. Vitamin C helps your body use more of the iron from the foods you eat so vitamin C sources should be consumed along with high iron foods.

Iron Rich Foods

Excellent Sources

Liver
Beef
Veal
Ham
Clams
Oysters
Mussels
Total cereal
Cream of Wheat
Raisin bran cereal
Cheerios
Other cereals with >50%
Daily Value for iron on
the Nutrition Facts label

Good Sources

Chicken & turkey (esp.
dark meat)
Fish
Shrimp
Eggs
Liverwurst
Sardines
Veal
Nuts*
Peanut butter*
Dried peas, beans & lentils
Molasses
Oatmeal
Raisins & other dried fruit
Prune juice
Baked potato w/ skin
Greens
Enriched breads & pasta
Beets

**Peanuts and peanut butter should not be given to children under the age of 2 as many are allergic. Also, nuts are a choking hazard and should be avoided until 3 years of age.*

Vitamin C Sources

Grapefruit
Oranges
Cantaloupe
Strawberries
Grapefruit Juice
Orange Juice
Potatoes
Juices fortified w/ Vitamin C
Peppers
Broccoli
Tomatoes
Greens

Certain foods can act as iron blockers and should not be consumed at the same time as high iron foods. These include tea, coffee, soda, red wine, whole grains, bran, soy products, cranberries, rhubarb and spinach.