

Iron in Your Diet

Your body needs Iron to make healthy blood cells. A diet low in Iron may cause iron deficiency anemia. It can make you feel run down and increase your risk of illness or disease. A deficiency is seen more often in the elderly and in teens

The following are food sources of Iron:

Best Sources of Iron	Good Sources of Iron	Fair Sources of Iron
<ul style="list-style-type: none">• Liver, any kind• Pork loin• Oysters• Clams• Sardines• Molasses• Raisin bran	<ul style="list-style-type: none">• Lean beef• Shrimp• Tuna• Raisins• Prunes• Dried apricots• Figs• Kidney beans• Pinto beans• Navy beans• Lentils• Split green peas• Enriched cereals• Enriched macaroni• Spinach• Greens• Broccoli• Lima beans• Avocado	<ul style="list-style-type: none">• Turkey• Chicken• Salmon• Haddock• Cod• Tofu• Sesame seeds• Nuts• Peanut butter• Eggs• Strawberry• Banana• Raspberries• Blueberries• Tomatoes

** Vitamin C helps your body absorb Iron from food. You should include foods high in Vitamin C with the above iron containing foods.

Foods high in Vitamin C: *Oranges, Grapefruit, Lemon, Cantaloupe, Pineapple, Strawberries, Raspberries, Broccoli, Cauliflower, Spinach, Kale, Asparagus, Tomatoes, Potatoes, Sweet potatoes*

** Cooking in iron skillet and pans adds small amounts of iron to food.

** Caffeinated beverages and dairy products should be avoided at the times one is taking the iron tablets. They can decrease absorption.

Source: University of Virginia Health System:
<http://www.healthsystem.virginia.edu/internet/orthopaedics/iron.cfm>