



Iron Rich Foods

Note – Foods rich in Vitamin C help to aid the body's absorption of Iron.
Try eating Iron rich foods with foods/drinks that contain Vitamin C.

Meats

Lean red meat
Poultry
Seafood

Grains/Seeds/Nuts

Iron-fortified breakfast cereals, breads, noodles, rice
Whole wheat breads
Wheat germ
Bran & pumpernickel breads/muffins/bagels
Pumpkin, sesame, sunflower, squash seeds
Peanuts, pecans, walnuts, pistachios, roasted almonds, roasted cashews

Vegetables

Spinach
Turnip greens
White beans
Lima beans
Kidney beans
Black-eyed peas
Split peas
Peas
Lentils
Potato (baked)
Broccoli
Green pepper

Fruits

Dried apricots & peaches
Prunes
Raisins

Additional sources

Molasses
Tofu