



BOOST YOUR IRON INTAKE

Iron comes from many food sources. Meats, fish and poultry are the best sources. However, some vegetables, and enriched or fortified grain products can also provide iron in small amounts.

The body absorbs iron better when eaten with foods that contain vitamin C. Likewise, certain foods, such as calcium phosphate salts and tannic acids (found in tea and coffee) decrease the absorption of iron.



INCREASING IRON IN YOUR DIET

- Choose foods from the “Good Sources of Iron” list (next panel). When selecting breakfast cereals, choose one fortified with at least 25% of the Daily Value for iron.
- Cook in cast iron pots and pans. This will increase the iron content of foods and is not harmful.
- Avoid drinking tea or coffee with meals.
- If you take a calcium phosphate type supplement, do not take with meats.
- Include meat, poultry or fish along with a food high in vitamin C at each meal.

FOODS HIGH IN VITAMIN C

Broccoli	Orange juice
Brussel sprouts	Oranges
Cantaloupe	Strawberries
Cauliflower	Sweet potatoes
Cranberry juice	Tangerines
(fortified with vitamin C)	Tomato products
Grapefruit	Turnip greens
Grapefruit juice	Vegetable juice

The Recommended Dietary Allowance (RDA) of iron for adults under 51 years of age is 8 mg for men and 18 mg for women.

GOOD SOURCES OF IRON

FOODS	SERVING SIZE	MG OF IRON PER SERVING
BREADS/CEREALS		
Cream of Wheat	6 oz	8.1
Raisin Bran	3/4 cup	13.4
40% Bran Flakes	1/2 cup	6.7
Whole wheat bread	1 slice	0.8
White bread, enriched	1 slice	0.8
Rice, enriched	1/2 cup	0.5
Pasta, enriched	1/2 cup	0.6
MEAT/FISH/POULTRY		
Beef or veal	3 oz	2.8
Calf liver	3 oz	12.1
Chicken liver	3 oz	7.6
Pork (fresh and cured)	3 oz	1.0
Chicken or turkey	3 oz	1.1
Oysters (raw)	3 oz	4.3
Tuna (water packed)	1/2 cup	1.8
VEGETABLES/ FRUITS/ BEANS		
Dried apricots	4 halves	0.7
Kale	1/2 cup	0.6
Kidney beans	1/2 cup	2.5
Pinto beans	1/2 cup	2.7
Prunes	4	0.8
Prune juice	1/2 cup	1.5
Raisins	2 tbsp	0.6
Spinach	1/2 cup	0.9
Turnip greens	1/2 cup	0.6
OTHER		
Molasses	1 Tbsp	1.2