



## TIPS TO INCREASE IRON ABSORPTION

- ❖ Consume iron from animal and plant sources together
- ❖ Eat foods high in Vitamin C (such as citrus fruits and fruit juices, tomatoes, potatoes, cantaloupe, strawberries, green leafy veggies [if on coumadin consult with your MD]) with iron rich foods.
- ❖ Limit the consumption of dairy with iron rich foods since dairy may inhibit iron absorption.
- ❖ Limit consumption of tea and coffee, they may hinder iron absorption.
- ❖ Use cookware made of iron.

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## TOP TEN IRON RICH FOODS

Liver

Red Meat

Eggs, especially yolk

Fish

Poultry

Red Lentils, Chick Peas & Baked Beans

Iron fortified breads, cereals & grains

Green Leafy Vegetables

Cherry Juice

Dried Fruit

Blackstrap Molasses

*For questions or concerns, call our nutritionist Shulamit Braun, MS RD at 212-652-1997.*

## FOOD SOURCES OF IRON

FOOD	SERVING SIZE	IRON (mg)
<b>MEAT, POULTRY, EGGS</b>		
Beef, cooked	3 oz.	2.6
Veal	3 oz.	3.0
Poultry, cooked	3 oz.	1.2
Liver	3 oz.	7.0
Egg	1 egg	1.0
<b>SEAFOOD</b>		
Clams, cooked	3 oz	21
Shrimp	3 oz.	2.2
Oysters, cooked	3 oz.	6.5
Fish	3 oz.	1.0
Sardines	3 oz.	2.5
<b>BEANS, NUTS, SEEDS</b>		
White Beans, Kidney Beans, Lentils	<sup>1</sup> / <sub>2</sub> C cooked	2.6-2.7
Black Beans	<sup>1</sup> / <sub>2</sub> C cooked	1.8
Navy/Pinto/Black eye pea/Chick peas	<sup>1</sup> / <sub>2</sub> C cooked	2.2
Lima Beans	<sup>1</sup> / <sub>2</sub> C cooked	2.4
Soybeans	<sup>1</sup> / <sub>2</sub> C cooked	3.1
Sunflower Seeds	2 Tbs.	3.5
Pine nuts	2 Tbs.	3.0
Cashew/Pistachio nuts	2 Tbs.	3.8
Peanuts	<sup>1</sup> / <sub>2</sub> C	3.2
<b>VEGETABLES</b>		
Leafy Greens	<sup>1</sup> / <sub>2</sub> C cooked	2.0
Potato	1 medium	2.8
Beets, canned	<sup>1</sup> / <sub>2</sub> C	1.6
Broccoli	<sup>1</sup> / <sub>2</sub> C cooked	0.8
Spinach, boiled	<sup>1</sup> / <sub>2</sub> C	3.21
<b>FRUIT</b>		
Raisins	1 C	5.0
Prune Juice	1 C	5.0
Dried Apricots	<sup>1</sup> / <sub>4</sub> C	4.5
Peaches, dried	10 halves	5.0
<b>GRAINS &amp; CEREALS</b>		
Cream of Wheat, enriched	1 C	15.0
Oatmeal, enriched	1 packet	6.3
Oatmeal	1 C	1.7
Bread (whole wheat or enriched white)	1 slice	0.5
Pasta, enriched	1C	2.4
Rice, brown	1C	0.8
Cereal, enriched	See box	See box
Wheat germ, toasted	<sup>1</sup> / <sub>4</sub> C	2.6
Soy Milk Beverage	1C	1.4