



Family Medical Doctors

Bharat Desai M.D. - Nilesh Desai M.D.

IRON RICH FOODS

Foods with Non-heme Iron	mg Iron
Fortified breakfast cereal, 1 oz.	5-18
Instant oatmeal, 1 packet	4
Lentils, cooked, ½ cup	3
Spinach, cooked, ½ cup	3
Beans (kidney, black, pinto, lima, white, garbanzo), ½ cup	2
Tofu, ½ cup	2
Edamame, ½ cup	2
Sunflower seeds, ¼ cup	2
Prune juice, ½ cup	2
Enriched bread, 1 slice	1
Enriched pasta, cooked, ½ cup	1
Enriched rice, cooked, ½ cup	1
Medium baked potato w/ skin	1
Green peas, cooked, ½ cup	1
Almonds or cashews, 1 oz.	1
Blackstrap molasses, 1 Tbsp.	1
Dried apricots, 5 halves	0.5
Raisins, 1 oz box	0.5

Foods with Heme Iron	mg Iron
Oysters, 3 oz.	4
Beef, 3 oz.	2
Chicken, 3 oz.	1
Egg, 1 large	1
Pork or ham, 3 oz.	1
Tuna, 3 oz.	1
Salmon, 3 oz.	1

To increase iron intake & absorption:

- Enjoy a number of iron-rich foods from the tables at left. Aim for at least one iron-rich food at each meal.
- Check the nutrition label on breakfast cereals. Choose brands that have at least 30% of the Recommended Daily Value for iron.
- Add beans to soups, stews or casseroles.
- Have pasta with tomato sauce instead of cream sauce.
- Add dried fruit to cereal or your favorite baked good recipe.
- Combine vitamin C-rich foods with iron-rich foods. Vitamin C helps your body absorb iron. This is even more important for vegetarians.
- Avoid eating large amounts of calcium with iron-rich foods. It's okay to have milk or calcium supplements at a different time of the day.
- Use a cast iron skillet for cooking. Some of the iron leaches into the food while cooking.
- Add blackstrap molasses to baked goods to increase iron content.
- Coffee and tea may decrease the amount of iron your body absorbs so have these drinks after meals, not during.

Food Sources of Vitamin C

Vitamin C foods help your body absorb iron if eaten at the same time as iron-rich foods.

Over 75 mg per ½ C. serving Orange, kiwi, tomato juice
25-75 mg per ½ C. serving Orange juice, grapefruit, pineapple, mango, papaya, strawberries, cantaloupe Tomato, bell pepper, peapods, cauliflower, broccoli, Brussels sprouts, cabbage