

great
living starts here™

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.

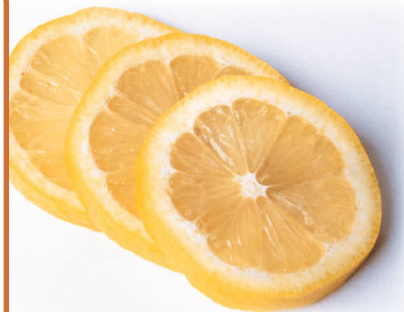
increasing iron in your diet

- 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.

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

foods high in vitamin C

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



good sources of iron

foods	serving size	mg of iron per serving
<i>Breads / Cereals</i>		
Cream of Wheat	6 oz	8.1
Raisin Bran	¾ cup	13.4
40% Bran Flakes	½ cup	6.7
Whole wheat bread	1 slice	0.8
White bread, enriched	1 slice	0.8
Rice, enriched	½ cup	0.5
Pasta, enriched	½ cup	0.6
<i>Meat / Fish / Poultry</i>		
Beef or veal	3 oz	2.8
Calf liver	3 oz	12.1
Chicken liver	3 oz	7.6
Pork (fresh & cured)	3 oz	1.0
Chicken or turkey	3 oz	1.1
Oysters (raw)	3 oz	4.3
Tuna (water packed)	½ cup	1.8
<i>Vegetables / Fruits / Beans</i>		
Dried apricots	4 halves	0.7
Kale	½ cup	0.6
Kidney beans	½ cup	2.5
Pinto beans	½ cup	2.7
Dried Plums (Prunes)	4	0.8
Prune juice	½ cup	1.5
Raisins	2 tbsp	0.6
Spinach	½ cup	0.9
Turnip greens	½ cup	0.6
<i>Other</i>		
Molasses	1 tbsp	1.2