



southern
new hampshire
health

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Foods with Iron

The following foods are excellent sources of iron:

Lean Beef	Spinach
Eggs	Prune Juice
Dried Raisins	Total Cereal
Calf Liver	English Peas
Beef Liver	Lima Beans
Pork Liver	Mustard Greens

The following foods are good sources of iron:

Berries	Turkey (dark meat)
Dried Peach halves	Broccoli
Dried beans and peas	Cauliflower
Shredded Wheat	Brussels Sprouts
Lean Pork	Collard Greens
Lean Lamb	Winter Squash
	Turnip Greens

The following foods are fair sources of iron:

Applesauce	Grapefruit	White Bread
Orange	Oatmeal	Chicken
Peach	Sweet Potatoes	Asparagus
Pear	Rice	Carrots
Figs	Fruit Cocktail	Green Beans
Cooked onions	Radishes	Rutabagas
Plums	Prunes	

Vitamin C helps your body absorb iron so have some everyday. Tea and coffee – even when decaffeinated contain substances that may interfere with the absorption of iron when consumed with a meal. Drink these beverages between meals. Excess consumption of high-fiber foods or bran supplements also reduces iron absorption.