Foods with Iron

The following foods are **excellent** sources of iron:

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

The following foods are **good** sources of iron:

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

The following foods are **fair** sources of iron:

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

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.