



Iron Rich Foods

The iron in food comes from two sources: animals and plants. Iron from animal sources is known as heme iron and is found in various meats and fish. Iron from plants is known as nonheme iron, and is found in certain vegetables and in iron-fortified foods such as breakfast cereals. Heme iron is better absorbed by the body than nonheme iron. Iron is important because it is needed for production of red blood cells.

The following foods are good sources of heme iron (from animal sources):

Chicken liver

Oysters

Clams

Beef liver

Beef (chuck roast, lean ground beef)

Turkey leg

Tuna

Eggs

Shrimp

Leg of lamb

The following foods are good sources of nonheme iron (from plants):

Raisin bran (enriched)

Instant oatmeal

Beans (kidney, lima, Navy)

Tofu

Lentils

Molasses

Spinach

Whole wheat bread

Peanut butter

Brown rice

Try to combine nonheme iron foods with vitamin C (for example, a glass of orange juice) to increase absorption of iron.