

Food Sources Of Iron

Good

Raisins
Dried Fruit
Apricots
Nuts – almonds
Sun Flower seeds
Potatoes (with skin)
Broccoli
Tomato Juice

Better

Oatmeal
Breakfast Cereal
Beans - green, kidney, Lima, navy (white), black, pinto, garbanzo (chickpea), black eyed
Peas
Lentils
Quinoa
Nuts - pine, walnut, cashew
Peanuts
Whole Wheat Bread
Tortillas
Pasta
Rice
Tofu
Soybeans (cooked)
Black Strap Molasses
Spinach (cooked)
Sunflower Seeds
Pumpkin Seeds
Eggs

Best

Beef
Chicken
Turkey
Pork
Fish and Shell Fish - tuna, salmon, shrimp, lobster, crab, oysters, clam

Foods To Consume Separate From Iron Containing Foods

Milk Products – including cheese and yogurt
Coffee
Tea
Soy
Chocolate
Blueberries
Raspberries
Blackberries
Grapes
Popcorn
Tofu
Pomegranate