

Golden Gate Pediatrics

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Iron Rich Foods

Meats / Misc.	Fish / Shellfish	Vegetables / Fruits	Legumes / Grains
Excellent Sources			
Heart Kidney Liver Beef/Veal Lamb	Clams Oysters	Dried Apricots Cooked Spinach	Some Cereals (Read the label to determine iron content and limit cereals with sugar listed as the 1st ingredient.) Some good examples: Cheerios, Cream of Wheat, Malt-o-Meal, Raisin Bran & bran cereals, Special K, Total & Wheat Chex Tofu Legumes (kidney beans, lentils, white beans)
Very Good Sources			
Chicken Liverwurst Pork Turkey	Fish Shrimp	Almonds Avocado Greens (beets, spinach) Peas Canned plums Baked Potato Prune Juice Dried Prunes Raisins	Bagels Legumes (black beans, garbanzo beans, lima beans, pinto beans) Enriched Pasta Pita Bread Squash Corn Tortilla Wheat Germ
Good Sources			
		Asparagus Bananas Berries Brussel Sprouts Dates Figs Green Beans Greens (collard, kale, mustard, turnip) Pickles Sweet Potatoes Tomato Juice Watermelon	White Bread, enriched Whole Wheat Bread Cocoa Egg Yolk Blackstrap Molasses Nuts Oatmeal Peanut Butter Seeds (pumpkin, squash, sunflower) <u>Caution: Nuts and seeds recommended only for 4 yrs. and older.</u>

Note that there are plenty of non-meat sources of iron. Eat or drink a food rich in vitamin C when eating non-meat, iron-rich foods. This increases the absorption of the iron. Rich sources of vitamin C are: oranges or orange juice, grapefruit or grapefruit juice, tomatoes or tomato juice, strawberries, cantaloupe, watermelon, broccoli, raw cabbage, greens (collard, mustard, spinach, turnip), peppers, chilies and potatoes.

Make sure to limit milk (which is a poor source of iron) to 24-26 ounces a day so that there is a good appetite for the iron-rich foods.