



**MAGNOLIA
WOMEN'S
HEALTH**

Julie A. Keeler, MSN, WHNP

1100 Holly Springs Rd, Ste 212
Holly Springs, NC 27540
Phone: (919) 552-1457
Fax: (919) 552-1369

Iron Rich Food List

Small amounts of iron are found in most of the fruits, vegetables, grains, and meats you eat everyday. Try to have some of the following higher iron-content foods daily, along with your daily vitamin and/or iron supplement. Keep in mind that the iron in foods is best absorbed with vitamin C (fruit juices) and that your iron supplement is most readily absorbed on an empty stomach with water. Also, it is important to take your daily vitamin supplement at an alternating time from your iron supplement. To counteract the constipation promoting properties of iron, it is recommended that your supplement be taken in the middle of the day, when you are most active, and not at night. If you are trying to conceive, remember to supplement your diet with at least 0.4 mg of folic in order to prevent many birth defects. This can be found in many over-the-counter multivitamins.

The following is a list of iron rich foods:

Beef	Liver and other organ meats
Molasses	Oysters (cooked)
Collards	Potatoes in the skin
Broccoli	Pumpkin
Apricots, dried	Sardines
Artichokes	Soybeans and soy products
Kale	Spinach
Legumes (beans)	Turnip greens
Figs, dried	Cream of wheat