



COMMUNITY HOSPITALS AND WELLNESS CENTERS

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HIGH IRON DIET

Type of Food

High Iron Sources

Breads and Cereals:

Enriched ready to eat cereals (hot cereal or dry cereal); enriched rice, macaroni, spaghetti, noodles, enriched bread, barley, brown rice, whole grain breads and cereals, potatoes, bran

Meats:

Cooked organ meats such as liver, kidney, beef heart & giblets, cooked lean meats, including beef, lamb, pork, veal, poultry, shrimp, clams; raw oysters, sardines

Vegetables:

Greens (collard greens, turnip greens, etc), sweet potatoes, lima beans, spinach, kale, peas

Fruits:

Dried fruits such as apricots, prunes, peaches and raisins; prune juice

Other foods:

Cooked eggs, nuts, peanut butter, dried beans, molasses, bitter chocolate

NOTE:

High Vitamin C juice or fruit such as orange juice, cranberry juice, grapefruit juice, oranges, grapefruits, kiwi, cantaloupe and strawberries should be eaten at least two times per day with a serving of meat. Vitamin C helps to increase the absorption of iron.

Heme sources of iron (meats) are more easily absorbed than non-heme sources (breads and cereals, vegetables and fruits). Heme iron can also promote the absorption of non-heme iron. For example, eat meat with a grain, vegetable and fruit for better iron absorption.