SUPPLEMENTS & VITAMINS

Improving Your Iron Intake

You can eat more foods high in iron to improve the iron levels in your blood.

These foods are high in iron:



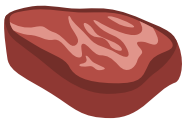
Lean red meats



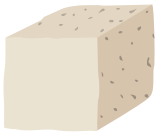
Iron-fortified cereal



Beans



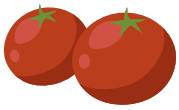
Liver



Firm tofu

Choose a food that contains vitamin C when eating iron rich food to help your body absorb the iron.

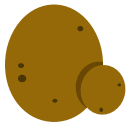
Foods rich in vitamin C



Tomatoes



Oranges



Potatoes



Salsa



Dark leafy vegetables



Pineapple



Berries



To help your body absorb iron better, limit coffee and tea at meal times.

Improve your iron absorption by adding foods high in vitamin C to a meal with foods high in iron.



Example 1
Fajitas and bell peppers



Example 2
Beef tacos with tomatoes