



FOODS RICH IN IRON HELP BUILD HEALTHY RED BLOOD CELLS

How to build iron-rich blood

- Eat iron-rich foods every day.
- Eat vitamin C rich foods with meals. Vitamin C helps the body absorb more of the iron in food.
- Take iron pills with orange juice or other Vitamin C rich food or drink. Do not take iron pills with milk.
- Cut back on coffee and tea at meal times. These drinks prevent your body from absorbing the iron in foods.
- Add small amounts of lean meat, poultry, or fish to foods like pasta, beans, or rice.

Signs of low iron

- Pale or dry skin
- Feeling weak or tired
- Shortness of breath
- Loss of appetite
- Short attention span
- Feeling dizzy
- Headaches



IRON-RICH FOODS

Best Sources

- Beans (kidney, lima, navy, white, chickpeas/garbanzo, black, pinto, great northern)
- Beef or veal
- Cereals that are fortified with 45% or more of Daily Value for iron
- Clams
- Lamb
- Lentils
- Pork
- Pumpkin seeds
- Shrimp
- Soybeans or tofu
- Spinach



Other Good Sources

- Greens (collard, beet, swiss chard, turnip)
- Nuts (almonds, pistachios, cashews, walnuts)
- Iron-enriched breads, cereals, corn bread, tortillas, or pasta
- Fish (sardines, tuna)
- Chicken
- Eggs
- Potato (baked, with skin)
- Prune juice
- Sunflower seeds
- Turkey





VITAMIN C RICH FOODS HELP YOUR BODY ABSORB IRON

Vitamin C rich foods

- Asparagus
- Bell peppers
- Berries (blueberries, raspberries, blackberries)
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Greens
- Grapefruit
- Grapefruit juice
- Kiwi
- Orange
- Orange juice
- Pineapple
- Strawberries
- Tangerine
- Tomato
- Tomato juice

Examples of Vitamin C and Iron rich meals:

- Chicken drumstick (without skin) with baked potato and broccoli
- Bean and beef tacos topped with tomatoes and salsa
- Iron-fortified cereal and orange juice
- Red kidney beans and rice with tomatoes
- Spaghetti with tomato meat sauce



RESOURCES

For answers to questions or family health services call:

- Oakland County Health Center: 248-858-1280 (Pontiac) or 248-424-7172 (Southfield)
- Immunizations: 248-858-1305 (Pontiac) or 248-424-7046 (Southfield)
- WIC Food Program: 248-858-1272
- Nurse on Call: 1-800-848-5533
- Nutrition Services: 248-858-1403