

## FOODS RICH IN IRON

**ABOUT IRON** Iron is a part of all cells and does many things in our bodies. Iron is considered an essential mineral because it is needed to make hemoglobin, a part of blood cells.

---

**FOODS** Red meats, Pork, Poultry, Seafood

**HIGH IN IRON** Beans & peas, Dark green leafy vegetables (eg. Spinach), Dried fruit (eg. Raisins, apricots), Iron-fortified cereals, breads and pastas

---

Your body absorbs more iron from meat than it does from other sources. If you do not consume meat, you may need to increase your intake of iron-rich, plant-based foods to absorb the same amount of iron compared to someone who eats meat.

---

### FOODS RICH IN VITAMIN C HELP IN IRON ABSORPTION

You can enhance your body's absorption of iron by consuming foods rich in vitamin C at the same time that you eat high-iron foods. Vitamin C in citrus juices, like orange juice, helps your body to better absorb dietary iron.

---

**FOODS** Broccoli & Cauliflower, Leafy greens, Peppers, Tomatoes

**HIGH IN VITAMIN C** Grapefruits, Papayas, Kiwis, Oranges, Melons, Strawberries, Tangerines