

## **IRON-RICH FOODS:**

### **Get More Iron In Your Diet**

#### **Animal foods rich in iron**

- ◆ Liver\*, kidney, heart
- ◆ Beef, corned beef, lamb, pork, chicken
- ◆ Fish, including canned fish
- ◆ Eggs, especially the yolk



\* Pregnant women are advised to limit liver to once per week due to the high levels of vitamin A

#### **Vegetable foods containing iron**

- ◆ Iron-enriched cereals - read Nutrition Facts label for information
- ◆ Whole wheat bread, biscuits, pasta and flour
- ◆ Legumes - dried peas, beans, lentils, nuts
- ◆ Seeds - pumpkin, sunflower, linseed (ground)
- ◆ Dark green vegetables - spinach, Chinese cabbage, callaloo, broccoli

#### **Note:**

The iron from vegetable foods is not so well absorbed by the body as that from animal foods.

Absorption can be increased if vegetable foods are eaten along with animal foods or foods rich in vitamin C, like fruits and vegetables

#### **Caution:**

Tea, coffee, red wine can block the absorption of iron



#### **Common myths**

Contrary to popular belief, green bananas are not a good source of iron

## Nutrition Series



# IRON-RICH FOODS:

**Get more iron in your diet**

**National Nutrition Centre  
Ministry of Health**

**Tel: (246) 536 3800**

**Email: [nutrition.centre@barbados.gov.bb](mailto:nutrition.centre@barbados.gov.bb)**

**<http://nutritioncentre.health.gov.bb>**

Community Nutrition Officer \_\_\_\_\_

Telephone \_\_\_\_\_