

IRON-RICH FOODS

More iron means more energy, as it is needed to carry oxygen around the body.

Foods from Animal 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 need foods rich in vitamin C, such as citrus fruits, fruits and their juices and vegetables for absorption.

Caution: Tea, coffee, and 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



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More Iron, More Energy

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