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You may have been told by your doctor or nurse practitioner that you need to have more iron in your diet. Iron is important in the production of certain parts of your blood and a low iron level may contribute to anemia (low blood count).

What foods are high in iron?

Red meat

Liver

Dark turkey

Oysters, mollusks

Lentils, black and kidney beans

Tofu

Prunes and raisins

Spinach, artichokes, asparagus

Iron enriched breads and cereals, oatmeal



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Iron in Your Diet

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Certain foods will help iron to absorb better. These foods should be eaten at the same time as the foods above. These foods include oranges and orange juice, strawberries, red and green peppers and other foods high in Vitamin C. However, there are some foods that slow the absorption of iron and these foods should not be eaten at the same time as the foods above. These include coffee and tea.

This information should be used after speaking with your practitioner, it does not replace their advice.

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