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## **DIET RECOMMENDATIONS FOR HIGH IRON FOODS:**

The following is a list of foods which are high in iron content.

### **Excellent Sources of Iron:**

- LEAN RED MEATS (Beef, Lamb, Pork, Veal)
- Organ Meats (Liver, Gizzards)
- Poultry
- Eggs
- Seafood
- Nuts
- Beans (Dried Peas, Dried Beans)

### **Good Sources of Iron:**

- Vegetables (Dark Green Leafy Vegetables)
- Beans (Green, Lima, Peas)
- Roots (Beets, White Potatoes)
- Cauliflower
- Sprouts (Bean, Alfalfa)
- Artichokes
- Fruits (Dates, Prunes, Raisins)
- Enriched, fortified and whole grain breads and cereals are often high in iron content (check package contents).
- Grains (Wild Rice, Oats, Wheat, Bran, Macaroni)
- Molasses (Blackstrap)
- Brewers Yeast (Dried)
- Chocolate

### **Iron supplements can also be used:**

I recommend:

**Slow Fe (over the counter).**

This is a high potency iron supplement. Taken once or twice daily with some orange juice or chewable Vitamin C will enhance it's absorption.

- Do not take more than twice per day as the excess will constipate you and not absorb well.
- Iron supplements will make the bowel movement black, so do be aware.
- Iron can be constipating, so higher fiber foods or a fiber supplement are appropriate to add when needed.

### **Natural Factors Easy Iron 20mg**

If you are sensitive to the digestive irritation of iron or have had a gastric bypass surgery and cannot take regular iron, try the following iron supplement. It is less potent, but still effective. It too can be taken with orange juice or chewable vitamin C to enhance absorption.

Take 1 tablet, 1-3 times per day.

*Natural Factors Easy Iron 20mg*

*60 chewable Tabs in each bottle*

*Get it at "Whole Foods" ....(it is in the women's vitamin section)*