

Village Pediatrics of Chapel Hill, PA



At Village = Village..

Information for You From Your Health Team at Village Pediatrics

High Iron Foods

Meat and Protein Group:

Beef / Pork
Lamb / Liver
Poultry/ Clams
Lima Beans / Pinto Beans
Navy Beans / Kidney Beans
Lentils

Fruits and Vegetables:

Collards / Spinach
Broccoli / Kale
Dates / Prunes
Raisins
Dried Fruits
Strawberries
Rhubarb

Breads and Cereal:

Enriched Breads
Iron Fortified Infant Cereal
Iron Fortified Hot and Cold Cereals
(Oatmeal, Cream of Wheat)

Helpful Hints:

- The iron in vegetables is absorbed better when eaten with meat, such as chili with meat sauce.
- The iron absorbed from all foods is improved when eaten with foods high in vitamin C. Some foods with both iron and vitamin C include hamburgers, coleslaw and spaghetti with tomato sauce. Other foods high in Vitamin C are oranges, lemons, grapefruit, tangerines, broccoli, collard and other greens, cantaloupe, cabbage, tomatoes, potatoes, strawberries, pineapples and kiwi fruit.
- Iron fortified infant cereal should be used until 18 months of age. This is the age group at greatest risk of iron deficiency anemia.
- Iron fortified infant cereal can also be used as a filler when making beef patties or meat loaf for small children. This adds extra iron to the meat.
- If your child's doctor prescribes iron, make sure your child takes it every day. Taking iron with fruit juice improves absorption.
- Cooking in an iron skillet also adds iron.