


Additional Foods Containing Iron

	Rich Sources	Good Sources
Miscellaneous	Black treacle. Liquorice Allsorts. Marmite, Oxo Cubes. Cocoa powder. Fruit Cake. Bombay Mix (Chevra), Trail mix, Sev. Spices especially curry powder, chilli powder, garam masala, paprika.	

Adapted from

The Hammersmith Hospitals 
NHS Trust

Nutrition & Dietetic Departments

Revised: CLS 2002

How to Increase the Iron in Your Diet (Adults).doc/U:MP/DIETS/GASTRO/CLS

How to increase the **Iron** *in Your Diet* **(Adults)**

Iron is needed by the body to make healthy blood. People who experience regular bleeds need more iron than usual to make enough blood to replace the amount lost by bleeding. If enough blood is not made, you become anaemic, which may leave you feeling weak and tired.

This booklet is designed to help you increase the iron in your diet. Your doctor will tell you if you also need iron tablets.

General Advice

Meat:	Rich Sources of Iron are:
<p>The best source of iron is red meat.</p> <p>Your body absorbs iron from red meat very easily.</p>	<ul style="list-style-type: none"> • Beef and beef dishes • Liver[*], liver sausage[*] and liver paté[*] • Kidney, faggots • Black pudding • Ox tongue • Corned beef. <p>[*] Should be avoided if pregnant.</p>

Vegetables & Pulses:	Rich Sources of Vitamin C are:
<p>All vegetables and pulses are good sources of iron.</p> <p>Your body will absorb the iron from them more easily if eaten with foods or drinks which contain vitamin C.</p>	<ul style="list-style-type: none"> • Fresh fruit or fruit juices especially citrus fruits such as oranges or grapefruit. • Fresh or frozen vegetables. <p>TIP: <i>Avoid excess quantities of tea and unprocessed bran as these can decrease the absorption of iron from foods.</i></p>

Foods Containing Iron

	Rich Sources	Good Sources
Fruit	Dried apricots, dates, figs, prunes, sultanas and raisins.	Canned blackcurrants, rhubarb, prunes, cherry pie filling.
Nuts & Seeds	Cashews, pine nuts, desiccated coconut. Sunflower and sesame seeds. Tahini paste.	Almonds, brazils, walnuts, peanuts. Peanut butter.
Fish	Shellfish [*] , anchovies, sardines, pilchards.	Fish paste.
Eggs	Well cooked.	
Bread	Wheatgerm, barley, soya flour, wholemeal flour, cornmeal, cous cous.	Wholemeal bread, chapattis, papadums.
Cereals	Wholegrain cereals, fortified cereals eg: Branflakes, Sultana Bran, Ready Brek, All Bran, Special K.	Cornflakes, Coco Pops, Rice Krispies.
Soups & Sauces	Lentil, mixed beans and wholegrain soups [*] Should be avoided if	pregnant.