

Good Food Sources of Iron

BREADS, CEREALS, & OTHER GRAIN PRODUCTS			VEGETABLES		
<i>FOOD</i>	<i>SERVING</i>	<i>MG</i>	<i>FOOD</i>	<i>SERVING</i>	<i>MG</i>
Product 19	1 cup	18	Spinach	1 cup cooked	4.0
Total	1 cup	18	Green Peas, fresh	1 cup	2.9
Most	1/2 cup	18	Beet greens	1 cup cooked	2.8
40% Bran Flakes	1/2 cup	8.1	Butternut Squash	1 cup baked	2.1
Rice Bran	1/4 cup	4.8	Sunchokes	4 small	3.4
Rice Polishings	1/4 cup	4.4	Chard	1 cup cooked	2.6
Rice, enriched	1/2 cup	.9	Tomato Juice	1 cup	2.2
Wild Rice	1 cup	6.7	Kale	1 cup cooked	1.8
Whole Wheat Bread	1 slice	.8	Acorn Squash	1/2 baked	1.7
White Bread	1 slice	.6	Potato	1 lg. cooked	1.4
Millet (cooked)	1 cup	3.9	Brussel Sprouts	8 cooked	1.7
Miso	100 gm	60			
			FRUITS		
MEAT, POULTRY, FISH, AND ALTERNATES			Prune Juice	1 cup	10.5
Liver, Lamb, boiled	3 1/2 oz	17.9	Raisins	1/2 cup	2.6
Oysters	1/4 cup	10	Dates	10 medium	2.4
Liver, Beef	3 oz	8	Prunes	5 cooked	1.8
Hamburger	3 oz	3	Strawberries	1 cup	1.5
Baked Beans, w/molasses	1/2 cup	3			
Tuna	3 oz	1.6	NUTS AND SEEDS		
Egg, whole, medium	1	1.2	Pumpkin Seeds	2 Tbs.	2.0
Peanut Butter	2 teas.	.6	Sesame meal	1/4 cup	2.4
			Sunflower seeds	1 cup	10.3
DRY BEANS, PEAS, LENTILS			Pistachios, shelled	1 cup	8.7
Pinto beans	1 cup cooked	6.1	Almonds	1 cup	6.7
Tofu	4 oz	2.3	Cashews	1 cup	5.3
Lentils	1 cup cooked	4.2	Brazil Nuts	1 cup	4.8
Lima Beans	1 cup cooked	5.1	Hazelnuts	1 cup	4.6
Black-eyed Peas	1 cup cooked	3.5	Macadamia nuts	1 cup	3.2
Black Beans	1 cup cooked	7.9	Peanuts	1 cup	3.2
Navy Beans	1 cup cooked	5.1	Walnuts	1 cup	3.1
Soybeans	1 cup cooked	4.9			
Split Peas, green	1 cup cooked	3.4	OTHER		
			Blackstrap Molasses	1 Tbs.	3.2

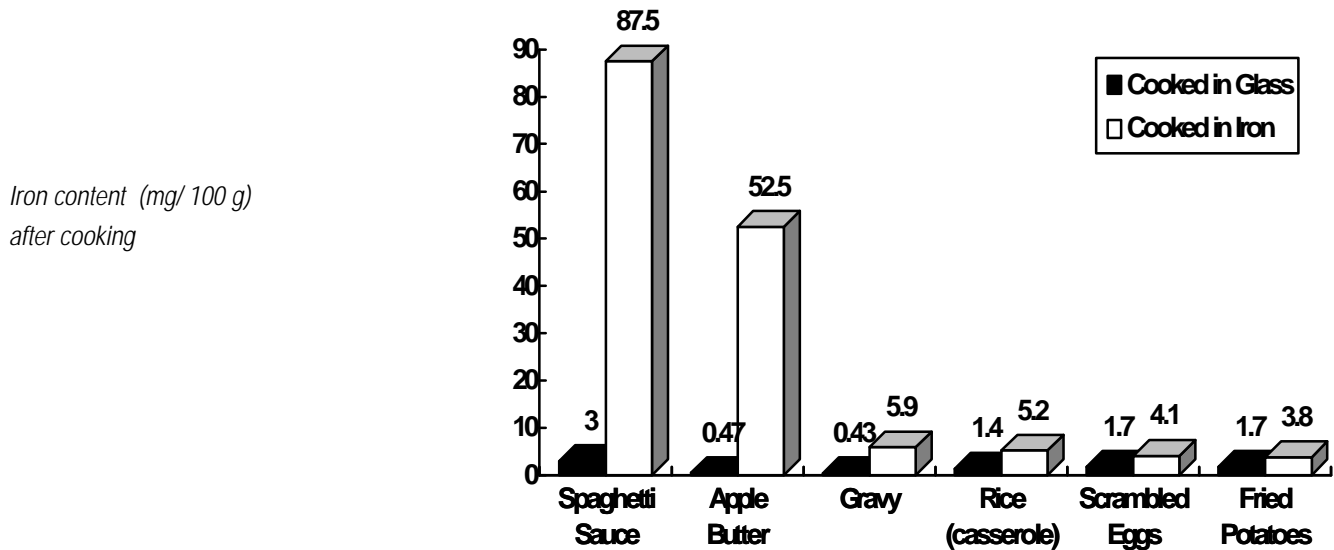
Your goal is to get 18+ milligrams of iron each day. Always try to include food high in Vit. C and B vitamins to help with the absorption of iron. Iron is essential to prevent anemia in both mom and baby. It helps the mom guard against excessive blood loss during birth. Adequate iron also guards against miscarriage and fetal malformation.

Iron deficiency can lead to feeling tired, lack of endurance, a pale complexion, shortness of breath, dizziness, headaches and depression.

1. Take Iron supplements after meal to avoid stomach upset.
2. Take with a handful of nuts, or juice.
3. Remember, sugar neutralizes hydrochloric acid and protein stimulates its production.
4. Alternatives, and easy to assemble forms of iron are chlorophyll, yellow dock and alfalfa. They are available in liquid form from your health food store. Chives are high in vitamin C and iron, (chop up and sprinkle on salads or over food. In order to receive maximum benefit, chives must be eaten fresh.)

IRON CONTENT & IRON COOKWARE

Cooking in cast Iron can greatly increase the iron content in foods. The following chart gives several examples. The longer you cook the food and the higher the vitamin C content the higher the absorption of iron.



<i>Cooking time</i>	3 hr.	2 hr.	45 min.	20 min.	3 min.	30 min.
<i>Increase in Iron</i>	29 X	112 X	14 X	3.7 X	2.4 X	8.4 X

This handout sheet is made available to all Association of Texas Midwives (ATM) members through the ATM website:
www.texasmidwives.com