

# BROOKHAVEN OB-GYN ASSOCIATES, P A

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## IRON TOO LOW? HERE ARE SOME WAYS TO INCREASE IT

1. Eat several servings of iron-rich food daily.
2. Eat food rich in Vitamin C at the same time you eat food rich in iron to help with iron absorption.
3. Prepare food by cooking it slowly in iron cookware. Contact with iron increases iron in food.
4. Eat enriched or fortified food such as breads and cereals.
5. Avoid consuming tea, coffee, soy, fiber and nuts during and after meals or snack with iron-rich foods since these reduce iron absorption.

### Examples of iron-rich food:

Apricots, dried  
Beef  
Black Eyed Peas  
Broccoli  
Chicken  
Clams  
Collards  
Dates  
Fish  
Green Beans  
Green Peas  
Iron fortified bread and cereal  
Kidney Beans  
Lima Beans  
Liver  
Liverwurst

Navy Beans  
Oysters  
Parsley, fresh chopped  
Peaches, dried  
Pork  
Prune Juice  
Sardines  
Sauerkraut, canned  
Shrimp  
Soybeans  
Spinach  
Tofu  
Turkey  
Turnip Greens  
Whole Grains

### Vitamin C sources for iron absorption:

Broccoli  
Cabbage  
Cantaloupe  
Cauliflower  
Grapefruit  
Green Pepper

Greens  
Oranges  
Strawberries  
Tomatoes  
Vitamin C fortified juices  
Watermelon