

Iron Enriched Foods

Try to eat more iron-enriched foods to help prevent anemia

- Liver
- Egg Yolk
- Nuts
- Dried Fruits
- Fish
- Poultry
- Almonds
- Brewer's Yeast
- Parsley
- Beets
- Kelp
- Pears
- Soybeans
- Sesame Seeds
- Meats
- Whole or enriched grain
- Seafood
- Legumes
- Green leafy vegetables
- Cereals
- Avocados
- Blackstrap molasses
- Kidney and lima beans
- Peaches
- Dates
- Raisins
- Rice
- Wheat bran

Tea, coffee, and milk can reduce the absorption of iron.