



Steps to Take: Iron Tips – Take Two!

Iron Helpers

Foods rich in vitamin C



Foods rich in iron



Your body uses **more** iron!

Foods Rich in Vitamin C

Vegetables

- Tomato
- Broccoli
- Cauliflower
- Bell pepper
- Chili pepper
- Cabbage

Fruits

- Cantaloupe
- Strawberry
- Kiwi
- Mango
- Papaya
- Pineapple
- Guava

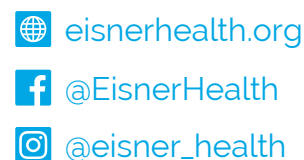
Avoid juices- eat the foods instead.

Citrus fruits

- Lemon
- Lime
- Orange
- Grapefruit

If you drink fruit juice, limit intake to only one cup per day or less. Pregnant women with diabetes or pre-diabetes should not drink juices.

Dietitian/Nutritionist Appointment: **(213) 747-5542**
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Foods Rich in Iron

Meats

- Organ meats (liver, giblets) no more than once a week
- Beef
- Duck
- Lamb
- Shrimp
- Fish
- Shellfish, such as clams and oysters
- Liver

Non-Meats

- Beans and lentils
- Leafy greens such as spinach
- Collards
- Kale
- Chard
- Broccoli
- Whole grain cereals and breads

- Dried fruits and nuts such as pumpkin seeds.

Read food labels!

Iron is added to many foods. Look for food labels that say “enriched” or “fortified.” Some foods that may have extra iron are bread, rice, tortillas, cereals and pasta.

Vitamin C is added to some foods because we need to have it every day. Look for labels that say “added vitamin C.” Juices are a good example of a vitamin C-enriched product. Check the label to see if each serving has 50% or more of the vitamin C that you need. However, juice is high in natural sugar, so limit juice intake to no more than one cup per day.

■ Avoid buying fruit drinks and other sweetened drinks that are high in sugar. Look for labels that say “100% juice.”

■ Avoid sugar foods and sugary drinks because they reduce appetite for foods rich in iron.