

# WAYS TO INCREASE IRON THROUGH YOUR DIET – OB14

**DIETARY IRON** – Is needed for blood manufacturing due to the increased blood volume of mother and for baby. The oxygen-carrying component of blood is dependant upon iron. The baby also stores iron in the liver for postpartum life. It is important for iron to absorb properly within your diet that you never take iron rich foods or supplements near any dairy products or sweets. Also include vitamin C rich foods and drinks with your iron rich foods and supplements.

## FOODS AND HERBS HIGH IN IRON

| Food  | Serving Size | MG. Iron |
|---|--------------|----------|
| Clams, canned and drained                                       | 1 cup        | 44       |
| Dulse seaweed, dried  | 1 oz.        | 42       |
| Pumpkin seeds, dried  | 1 cup        | 33       |
| Kelp seaweed, dried   | 1 oz.        | 28       |
| Pork Liver  | 3 oz.        | 15       |
| Dates, dried  | 5 each       | 15       |
| Oysters, simmered eastern                                       | 3 oz.        | 11       |
| Sesame seeds or wheat germ                                      | 1 cup        | 10       |
| Molasses, black strap   | 2 Tbsp.      | 10       |
| Sunflower seeds   | 1 cup        | 9        |
| Soy beans (cooked), Chili and beans, or pork and beans (canned) | 1 cup        | 8        |
| Pistachio nuts or Cashews (dry roasted)                         | 1 cup        | 8        |
| Spirulina, dried  | 1 oz.        | 8        |
| Pine nuts   | 3 oz.        | 7        |
| Chicken livers, fried   | 3 med.       | 7        |
| White beans, Lentils, or Spinach, cooked                        | 1 cup        | 6        |
| Apricots  | 1 cup        | 6        |
| Kidney, beef, cooked  | 3 oz.        | 6        |
| Mussels, steamed  | 3 oz.        | 5        |
| Liverwurst, pork  | 3 oz.        | 5        |
| Beef Liver  | 3 oz.        | 5        |
| Thyme, dried  | 1 Tbsp.      | 5        |
| Peaches, dried  | 10           | 5        |
| Almonds, dried whole  | 1 cup        | 5        |
| Kidney beans, cooked  | 1 cup        | 5        |
| Dates, dried  | 5            | 5        |
| Brazil nuts   | 1 cup        | 4        |
| Garbanzo beans or Lima beans, cooked from dry                   | 1 cup        | 4        |
| Whole wheat flour   | 1 cup        | 4        |
| Calf's liver  | 3 oz.        | 4        |
| Refried beans, pinto beans or black-eyed peas, cooked           | 1 cup        | 4        |
| Figs, dried   | 5            | 4        |
| Filberts or Raisins   | 1 cup        | 3        |
| Prune juice, bottled  | 1 cup        | 3        |
| Shrimp, boiled  | 1 cup        | 3        |
| Squash, winter (cooked)   | 1 cup        | 2        |
| Potato, baked   | 1 whole      | 2        |
| Chickweed, Mullein, or Thyme                                    | 1 gram dried | 2        |
| Lean Ground beef  | 3 oz.        | 1        |
| Eggs, cooked  | 2            | 1        |
| Red Raspberry leaf, Dandelion Root, or Yellow Dock              | 1 gram dried | 1        |