

THE CHILDREN'S CLINIC, P.C.

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IRON-RICH FOODS

MEATS	FISH / SHELLFISH	VEGETABLES / FRUITS	LEGUMES / GRAINS / MISCELLANEOUS
Excellent Sources			
Heart Kidney Liver Beef/Veal Lamb	Clams Oysters	Apricots, dried Spinach, cooked	Some cereals <i>[READ THE LABEL to determine iron content and limit cereals with sugar listed as the first ingredient.]</i> <i>Some good examples are:</i> Cheerios, Cream of Wheat, Malt-o-Meal, raisin bran and bran cereals, Special K, Total, Wheat Chex Tofu Legumes (kidney beans, lentils, white beans)
Very Good Sources			
Chicken Liverwurst Pork Turkey	Fish Shrimp	Almonds Avocado Greens (beet, spinach) Peas Plums, canned Potato, baked Prune juice Prunes, dried Raisins	Bagels Legumes (black bean, garbanzo bean, lima bean, pinto bean) Pasta, enriched Pita bread Squash Tortilla, corn Wheat germ
Good Sources			
		Asparagus Bananas Berries Brussels sprouts Dates Figs Green beans Greens (collard, kale, mustard, turnip) Pickles Sweet potatoes Tomato juice Watermelon	Bread, white, enriched Bread, whole wheat Cocoa Egg yolk Molasses, blackstrap Nuts Oatmeal Peanut butter Seeds (pumpkin, squash, sunflower) SAFETY PRECAUTION: Nuts and seeds are recommended only for children over 4 years old.

Note that there are plenty of non-meat sources of iron. Eat or drink a food rich in vitamin C when eating non-meat, iron-rich foods. This increases the absorption of the iron. Rich sources of vitamin C are: oranges or juice, grapefruit or juice, tomatoes or juice, strawberries, cantaloupe, watermelon, broccoli, raw cabbage, greens (collard, mustard, spinach, turnip), peppers, chilies, and potatoes.

Make sure to limit milk (which is a poor source of iron) to 24 - 26 ounces a day so that there is a good appetite for the iron-rich foods.

Nutritional references:

Victor Herbert, M.D. and Genell J. Subak-Sharpe, M.S., Total Nutrition: The Only Guide You'll Ever Need, St. Martin's Press, New York, 1995

U.S.D.A. Agriculture Handbooks #8 (revised) and #456