



WHAT FOODS ARE HIGH IN IRON?



Iron is an essential mineral that helps your body make hemoglobin, which carries oxygen in your red blood cells.



HEME IRON (FROM ANIMAL SOURCES)

More easily absorbed by the body



BEEF



CHICKEN



TURKEY



LIVER
(BEEF, CHICKEN)



FISH
(TUNA, SALMON, SARDINES)



SHELLFISH
(CLAMS, MUSSELS)



Heme iron is better absorbed—up to 2–3 times more than non-heme iron.



NON-HEME IRON (FROM PLANT SOURCES)

Absorption can be improved with Vitamin C-rich foods

VEGETABLES



SPINACH



BROCCOLI



KALE



COLLARD GREENS

LEGUMES & BEANS



LENTILS



CHICKPEAS



BLACK BEANS



KIDNEY BEANS

NUTS & SEEDS



PUMPKIN SEEDS



CASHEWS



ALMONDS



SESAME SEEDS

FRUITS



DRIED APRICOTS



RAISINS



PRUNES



DATES



TIP: Eat non-heme iron foods with vitamin C-rich foods (like citrus, tomatoes, bell peppers, or berries) to help your body absorb more iron.



WARNING!

DO NOT EAT RAW SHELLFISH LIKE OYSTERS.

That could result in immediate damage to the liver if infected with *Vibrio vulnificus* bacteria which has no taste or appearance to know if the shellfish is infected.



Can cause severe illness or death within 24–48 hours.



Symptoms: fever, chills, low blood pressure, vomiting, diarrhea, and skin infections.



High risk for people with liver disease, diabetes, weakened immune systems, or open wounds.



Cook shellfish thoroughly to kill harmful bacteria.