

FAMILY HEALTH CENTERS

NUTRITION PROGRAM

IRON

Iron is a nutrient that is essential for peak physical performance, mental aptitude and immune functioning. The iron found in animal foods, heme iron, is more easily absorbed by the body. Non - heme iron, found in foods of plant origin, can be more readily absorbed if taken with Vitamin C (ie- ascorbic acid). These foods are noted with an *. Tea, dairy, and other foods high in calcium can decrease the absorption of iron.

IRON - RICH FOODS

- PROTEIN FOODS: meats - beef, veal , pork, especially liver and organ meats
seafood - clams, oysters, sardines, mackerel, tuna, shrimp
*dried beans and peas - black - eyed peas, chick peas, soybeans, kidney beans,
white beans, crowder peas
*seeds - pumpkin, sesame, sunflower
- *FRUITS: dried fruit - prunes, figs, raisins, currants, pears, peaches
juices - prune, blackberry
mulberries, elderberries
- *VEGETABLES: greens - spinach, chard, kale, mustard, dandelion, beet greens
squash - acorn, butternut
lima beans
*GRAINS: hot cereal - oatmeal, Cream of Wheat (fortified)
iron - fortified breads and dry cereals
- *OTHER: blackstrap molasses
parsley

FOODS HIGH IN VITAMIN C

- FRUITS & JUICES: orange, grapefruit, lemon, lime, tangerine, cantaloupe, strawberries
- VEGETABLES: brussels sprouts, broccoli, cauliflower, alfalfa seed sprouts, tomato juice,
greens - mustard, turnip, kale, collard, beet greens

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If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at 828-258-8681