

Increasing Iron Stores Through Dietary Modification

Food Combining:

- Take 500mg vitamin C with each meal or eat foods rich in vitamin C with each meal
- Limit coffee and tea consumption, especially with meals
- Limit pop consumption, especially with meals
- Have a source of protein with each meal – one serving of fish or poultry a day
- Eat one serving of red meat a week
- Eat at least one serving of the best absorbed sources of iron each day

Best Sources of Iron:

Food Item	Amount	Mg Iron
Beef liver	3 oz	7.5*
Ground beef	3 oz	3.0*
Roast beef	3 oz	3.0*
Turkey	3 oz	2.0*
Soy beans	½ cup	2.5*
Black beans	½ cup	1.7*
Spinach, raw	1 cup	1.7*
Whole wheat bread	1 slice	1.2*
Tofu	½ cup	6.7
Black strap molasses	1 tbsp	5.0
Amaranth	2/3 cup	4.0
Oysters	1 oz	3.8
Lentils	½ cup	3.3
Swiss chard	1 cup	3.2
Lima beans	½ cup	2.9
Potato, baked	1 medium	2.8
Mustard greens	1 cup	2.7
Wheat germ	¼ cup	2.5
Garbanzo beans	½ cup	2.4
Pinto beans	½ cup	2.2
Kidney beans	½ cup	2.2
Leeks	1 cup	2.0
Dandelion greens	1 cup	1.9
Apricots	¼ cup	1.8
Kale	1 cup	1.8
Pumpkin seeds	2 tbsp	1.8
Black beans	½ cup	1.7
Broccoli, raw	½ cup	1.7
Almonds	¼ cup	1.6
Tuna	3 oz	1.6

*Best absorbed sources



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