



Incorporate iron-rich foods in your diet

Iron from meat-based sources is more easily absorbed by your body compared to plant-based sources. If you follow a vegetarian or plant-based diet, consider consuming more iron-rich plant foods to achieve the same absorption levels.

Examples of foods rich in iron:

- Red meat, pork and poultry
- Seafood
- Beans
- Dark green leafy vegetables, such as spinach
- Dried fruit, such as raisins and apricots
- Iron-fortified cereals, breads and pastas
- Peas

Enhancing iron absorption with vitamin C

Pairing iron-rich foods with those high in Vitamin C can boost your body's ability to absorb iron. For example, drinking orange juice or including Vitamin C-rich foods alongside meals can improve iron absorption.

Examples of foods rich in vitamin C:

- Broccoli
- Grapefruit
- Kiwi
- Leafy greens
- Melons
- Oranges
- Peppers
- Strawberries
- Tangerines
- Tomatoes

Your doctor may recommend starting an iron supplement over the counter, such as Vitron-C, for example.