

Good sources of heme (animal) iron:

Liver

Chicken

Turkey

Beef

Clams and mollusks

Oysters

Salmon and tuna

Halibut, haddock, perch

Sardines

Veal

Eggs

**Good sources of non-heme (plant) iron**

Broccoli

Potato

Spinach

Green bell peppers

Parsley

Tomato juice

Breakfast cereals, breads, pasta, muffins, egg noodles, tortillas and other products enriched with iron

Wheat germ

Tofu

Beans, including pinto, kidney, lima and chickpeas

Lentils and split peas

Nuts, including walnuts, peanuts, pecans, pistachios, roasted cashews, almonds or sunflower seeds

Dried fruits, including apricots, seedless raisins, peaches, or prunes

Prune juice

Source:

<http://www.healthy-eating-support.org>

---

Eat and be healthy with my warmest regards,

Suzy Staywell