



Iron is necessary to form new blood cells. It is also important for carrying oxygen to both the mother's and baby's cells.

FOOD SOURCES OF IRON		
<i>Food</i>	<i>Portion</i>	<i>Milligrams Iron</i>
Calves' liver, fried	3 ½ oz.	14.2
Liverwurst	3 ounces	8.7
Chicken livers, cooked	3 ½ oz.	8.5
Prune juice	¾ cup	7.4
Ground beef, lean, cooked	3 ½ oz.	3.8
Sardines	8 medium	3.5
Pork chop, lean, cooked	1 medium	3.5
Sirloin steak, cooked	3 ½ oz.	3.0
Raisins	½ cup	2.5
Molasses, blackstrap	1 Tbsp	2.3
Prunes, dried	4 large	2.2
Spinach, cooked	½ cup	2.0
Farina, enriched, cooked	1 cup	2.0
Turnip greens, cooked	1 cup	1.8
Chicken, broiled	3 ½ oz	1.7
Split peas, cooked	½ cup	1.5
Apricots, dried	4 halves	1.3
Egg	1 medium	1.1
Rye bread	1 slice	0.8
White bread, enriched	1 slice	0.6
White bread, unenriched	1 slice	0.2
Dry cereal	1 cup	Widely varied, many high; read labels

Hints:

1. Cook with cast iron skillets and pots.
2. Eat protein sources from meat, poultry and fish.
3. Tea *reduces* the amount of iron absorbed by more than half.
4. Vitamin C *increases* iron absorption. Combine foods high in Vitamin C with foods high in Iron.

FOOD SOURCES OF VITAMIN C

Fruits	Vegetables
Citrus fruit and juices	Green pepper
Pineapple	Broccoli
Cherries	Spinach
Melons	Kale
Mangoes and papayas	Cabbage
Berries especially	Brussel Sprouts
cranberries and	Potatoes
cranberry juice	Collard and mustard greens
Tomatoes and	Cauliflower
tomato juice	