

IRON FOOD SOURCES

Iron is the part of the red blood cell used to carry oxygen. During pregnancy, iron carries oxygen to the mother's cells, and to the developing baby's cells. Iron is also stored in the unborn baby's liver for use during the first six months after birth. The RDA recommendation of iron for non-pregnant females from age 11-50 is 15 mg a day. THE RDA recommendation for iron in pregnancy is 30 mg per day particularly during the third trimester and lactation if you are not anemic. This rises to 60-100 mg if you are anemic. Below is a list of high iron foods and the approximate mgs per serving found in each source.

Beef:	Lean hamburger, 1	3.9 mg	Watermelon, 1 sl (6" x 1 1/2")	4.5 mg
	Rib roast, 2 slices	1.4 mg	Apricots, dried 17 halves	5.5 mg
	Ribeye steak, 3 1/2 oz	2.6 mg	Prune Juice, 8 oz	10.2 mg
	Stew meat, 1/4 lb	5.5 mg	Prunes, dried 10 sm	3.9 mg
Chicken:			Blackcherry juice, 8 oz	10.4 mg
	Breast, 3 1/2 oz	1.3 mg	Raisins, dried 1/4 cup	1.5 mg
	Drumstick, 2 sm	1.9 mg	Sesame seeds, 3 1/2 oz	2.4 mg
	Thigh, 3 1.2 oz	1.1 mg	Sunflower seeds, 3 1.2 oz	7.1 mg
Organ meats:			Pumpkin seeds, 3 1.2 oz	11.2 mg
	Beef liver, 3 1/2 oz	14.2 mg	Peas, dried split, cooked 1/2 cup	2.0 mg
	Chicken liver, 3 1/2 oz	8.5 mg	Spinach, raw, 1/2 cup	3.5 mg
	Beef kidney, 3 1/2 oz	13.1 mg	Spinach, cooked 1/2 cup	2.0 mg
Fish:			Tofu, 3 1/2 oz	1.9 mg
	Bass, flounder, sole, salmon	1.3 mg	Garbanzo beans, 3 1/2 oz	3.0 mg
	Clams, 10 sm	7.5 mg	Parsley, raw, 3 1/2 oz	6.2 mg
	Clams, canned 1/2 cup	4.1 mg	Brewer's yeast, 1 T	1.7 mg
	Oysters, 3 1/2 oz	5.6 mg	Quinoa, cooked 1/2 cup	9.0 mg
Molasses, blackstrap 1 T		3.2 mg	Oats, cooked 1/2 cup	1.6 mg
Molasses, medium 1 T		1.2 mg	Chard, cooked 1/2 cup	6.4 mg
			Millet, cooked 1/2 cup	

Hints for higher absorption:

1. Cook in cast iron pots (particularly high acid foods).
2. Eat high iron foods with a high vitamin C food (tomato, citrus, kiwi, bell pepper, etc.)
3. DO NOT eat high iron foods with: milk, milk products, antacids, black tea, coffee.
4. Eat high iron foods with each meal.
5. Herbs that are high in iron: nettles, yellow dock, dandelion, alfalfa.
6. Homeopathic Ferrum Phos may be useful in iron absorption.
7. Other useful products: chlorophyll, flordex, black cherry conc capsules,
8. Over the counter supplements:
 Ferrous fumarate supplement (100 mg elemental iron per 300 mg),
 Ferrous gluconate supplement (60 mg elemental iron per 300 mg),
 Ferrous sulfate supplement (30 mg elemental iron per 300 mg).
 DO NOT GET 'ENTERIC COATED' OR 'COATED' iron supplements.
 Supplements should NOT be taken with meals