



## IRON RICH FOOD SOURCES

Iron is an important mineral during pregnancy. It helps support your expanding blood volume and helps you synthesize protein so your body can nourish your growing baby. Adequate iron intake also increases your resistance to disease and keeps you from becoming anemic, which can make you feel tired and breathless, and can make your recovery after the birth more difficult. Eating iron-rich foods is the best way for your body to absorb and use the mineral, and iron will be better absorbed if it is not eaten with dairy foods, tannin-rich foods (tea, coffee, red wine), refined carbohydrates, sodas, antacids and laxatives. Absorption is increased when iron-rich foods are eaten with citrus foods. Try to get several servings every day.

- Organ meats and red meats, including liver (organic is best – eat small amounts of liver only occasionally due to high vitamin A content)
- Pumpkin seeds and pine nuts
- Spinach and Swiss chard
- Tofu
- Clams, oysters (must be fully cooked)
- Lentils and quinoa
- Prune juice
- Dried fruits (prunes, apricots, raisins, black mission figs, currants, cherries)
- Blackstrap molasses (2 T in warm water, or as a sweetener)
- Eggs
- Sea vegetables, such as dulse or kelp (iron content varies, check labels)
- Use cast-iron cookware, especially when making tomato sauce

The following supplemental iron sources are easily absorbed and non-constipating if you are mildly anemic or unable to get enough dietary iron. They are best taken with food – follow the guidelines above regarding absorption.

- Floradix (liquid herbal food-based supplement available at health food stores) – take according to package directions unless advised otherwise
- Strong Woman Syrup – herbal preparation for sale in our office
- Gentle Iron by Solgar – take according to directions on bottle
- Yellow dock root tincture – take 15-20 drops of tincture, three times daily