

## Iron Rich Foods

<p>Excellent Sources</p>	<p>A serving provides about one half or more of a woman's needs, and about ½ of a child's daily needs.</p> <ul style="list-style-type: none"> <li>• Kidney</li> <li>• Liver</li> <li>• Cereals such as Total, Corn Total, Kix, Product 19, Cream of Wheat, Malt-o-Meal, and Wheat Hearts.</li> </ul>
<p>Good Sources</p>	<p>A serving provides 10 to 20% of a woman's needs and nearly ½ of a child's daily needs.</p> <ul style="list-style-type: none"> <li>• Heart</li> <li>• Liver sausage</li> <li>• Dried beans &amp; lentils</li> <li>• Dried apricots &amp; prunes</li> <li>• Raisins</li> <li>• Wheat germ</li> <li>• Molasses</li> <li>• Greens (spinach, beets, mustard, turnip &amp; chard, green peas)</li> <li>• Some cereals (read labels)</li> <li>• Beef, pork, chicken, turkey, clams, shrimp</li> </ul>
<p>Fair Sources</p>	<ul style="list-style-type: none"> <li>• Enriched macaroni, spaghetti &amp; breads</li> <li>• Nuts</li> <li>• Peanut butter</li> <li>• Egg yolks</li> <li>• Fish</li> <li>• Potatoes</li> <li>• Oatmeal</li> </ul>

- Vitamin C rich foods like oranges, orange juice, grapefruit, tomatoes or tomato juice consumed with the foods listed above will make the iron more readily available.
- Cooking with an iron skillet will also add iron to the diet.
- A serving is about 2-3 oz. of meat or fish, 1 cup cooked dried beans or lentils, ½ to 1 cup cooked veggies or raw fruits, ½ to ¾ cup cereal or 1 slice of bread.

*Providing our communities with quality, affordable & accessible healthcare*

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