

Increase Iron Intake

NUTRITION TIPS TO BOOST YOUR IRON

Iron

Who needs iron?

Many cancers & treatments contribute to iron deficiency-anemia. Iron builds healthy red blood cells.

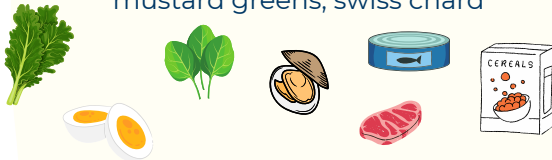
How it feels

Fatigue, weakness, dizziness, pale skin, chest pain, headache, cold hands and feet.

Tips & Tricks

Iron rich foods

Lean beef, pork & ham, eggs
Seafood/fish: clams, oysters, sardines
Whole grains & fortified cereals, pasta
Green veggies: leeks, kale, spinach, mustard greens, swiss chard



Vitamin C: plant iron's bff

Add foods rich in Vitamin C to plant based iron foods to boost absorption
Citrus, leafy green veggies, berries, potatoes, cauliflower, broccoli, bell peppers, tomatoes.



Pro tip: avoid these blockers

Drink tea at least 1 hour before or 2 hours after a high iron meal.
When coffee or black tea is consumed with a meal, iron absorption is reduced.
Take calcium or fiber supplements at least 1 hour apart from iron



Plant vs Animal foods

Iron deficiency is more common in vegetarians & vegans
Iron from plants is not absorbed as well as iron from meat, poultry & shellfish
Your doctor may suggest an iron supplement based on bloodwork

ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS