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**Integrative Advantage**

## **Iron-Rich Foods**

### Animal-based Foods:

- red meats (beef, lamb, veal, pork)
- offal (liver, kidney, pate)
- poultry
- fish or shellfish (salmon, sardines, tuna, shrimp, mackerel, oysters, scallops)
- eggs

### Plant-based Foods:

- nuts
- whole wheat pasta and bread
- iron-fortified bread and breakfast cereal- be sure to check the nutrition label for added sugars, as these should be limited in a healthy diet
- legumes (mixed beans, baked beans, lentils, chickpeas)
- dark leafy green vegetables (spinach, beet greens, chard, kale, collard greens, peas, string beans, broccoli)
- oats
- tofu

Foods Rich in Vitamin C: It is recommended to consume vitamin C along with iron sources to increase absorption.

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- Citrus (oranges, kiwi, lemon)- some medications require that patients do not consume grapefruit, check with your medical provider to ensure that it is safe for you to do so
- Bell peppers
- Strawberries
- Tomatoes
- Cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower)