Iron Deficiency Anemia in Pregnancy: Nutrition

If you have iron deficiency anemia (low iron causing low red blood cells), your provider will prescribe extra iron. You should also eat more foods with iron. Try to add one food with iron to each meal and snack during the day.

Foods with a lot of iron

Grains: Examples: bagel, bran muffin, enriched breakfast cereals	
Protein foods: Examples: beans, lentils, liver, beef, lamb, pork, pumpkin seeds, clams, oysters, shrimp, sardines, soybeans, tofu, tahini, tempeh, veggie burger	CO SI CANINI
Spinach	
Prunes	

Foods with some iron

Grains: Examples: whole wheat bread, English muffin, oatmeal, whole grain pasta, flour tortilla, wheat germ	
Protein foods: Examples: beans, eggs, canned tuna, mackerel, almonds, cashews, pistachios, walnuts, peas, chicken, turkey, sunflower seeds, sesame seeds, soymilk	
Vegetables: Examples: Baked potato with skin, asparagus, beets, brussels sprouts, mushrooms, collard greens, beet greens, kale, turnip greens, Swiss chard, canned pumpkin, canned sauerkraut, tomato sauce	
Fruit: Examples: dried apricots, prune juice, raisins	

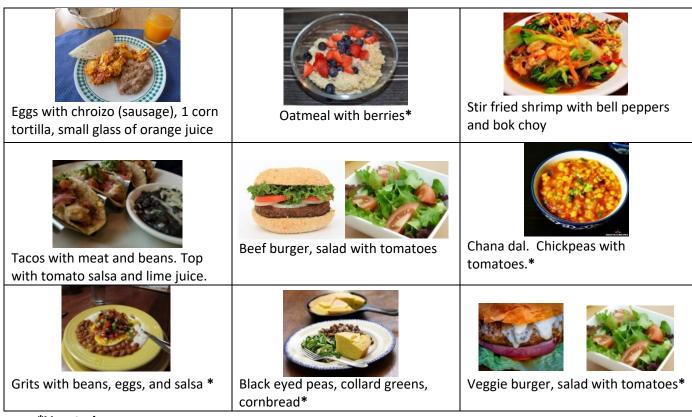
If you need help finding food, please let your provider know.

You can also look up your closest food bank at the link: foodbankcenc.org/food-finder/

Tips:

Vegetables can be fresh, frozen, or canned.	
Vitamin C will help you absorb iron. Eat foods with iron and foods with vitamin C together.	
Keep taking a prenatal vitamin that contains 27 mg of iron .	
Cooking with a cast iron pan can increase the iron in the food.	

Examples of meals that include iron + vitamin C, which helps increase the amount of iron that is absorbed by your body:



*Vegetarian