









## 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

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





### Foods with some iron

<p><b>Grains:</b> Examples: whole wheat bread, English muffin, oatmeal, whole grain pasta, flour tortilla, wheat germ</p>	
<p><b>Protein foods:</b> Examples: beans, eggs, canned tuna, mackerel, almonds, cashews, pistachios, walnuts, peas, chicken, turkey, sunflower seeds, sesame seeds, soymilk</p>	
<p><b>Vegetables:</b> 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</p>	
<p><b>Fruit:</b> Examples: dried apricots, prune juice, raisins</p>	


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/](http://foodbankcenc.org/food-finder/)

**Tips:**

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

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

 <p>Eggs with choizo (sausage), 1 corn tortilla, small glass of orange juice</p>	 <p>Oatmeal with berries*</p>	 <p>Stir fried shrimp with bell peppers and bok choy</p>
 <p>Tacos with meat and beans. Top with tomato salsa and lime juice.</p>	 <p>Beef burger, salad with tomatoes</p>	 <p>Chana dal. Chickpeas with tomatoes.*</p>
 <p>Grits with beans, eggs, and salsa *</p>	 <p>Black eyed peas, collard greens, cornbread*</p>	 <p>Veggie burger, salad with tomatoes*</p>

\*Vegetarian