| **HEME IRON** | Heme iron is found in red meat, poultry, and fish. This type of iron is *easily absorbed*. Choose foods like chicken, turkey, beef, steak, salmon, sardines, canned tuna, oysters, clams, and mussels. |
| **NON HEME IRON** | Non-heme iron is *not as easily absorbed*. Foods like dark green, leafy vegetables, eggs, iron-fortified cereals or grains, lentils, nuts, seeds, beans, and dried fruits are good sources of non-heme iron. |

**Vitamin C** binds to iron and helps to increase absorption. Eat vitamin C foods like citrus fruits, tomatoes, berries, kiwi and peppers *together with iron foods* for best absorption.

**Calcium-containing** foods like cow’s milk, cheese, yogurt prevent iron absorption. Foods like black tea, peppermint, coffee, cocoa, grapes, and apples also *prevent absorption*.  

HELP

**ABSORPTION**

HURT

**ABSORPTION**