



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.

HELP 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**.

HURT ABSORPTION

