

Iron-Rich Foods List

Client information	
Name:	
Age:	Gender:
Contact information:	
Overview of an iron-rich diet	
<p>An iron-rich diet focuses on including foods that are high in iron, an essential mineral needed for making hemoglobin in red blood cells, which helps transport oxygen throughout the body. Adequate iron intake supports energy, immune function, and overall health, and helps prevent iron-deficiency anemia</p> <p>This Iron-Rich Foods List includes the following:</p>	
Red meats <ul style="list-style-type: none">• Beef (steak, ground beef, roast)• Pork (loin, chops, ham)• Lamb (chops, roast)• Venison (tenderloin, steak)• Bison• Veal• Liver (beef, pork, lamb)• Dried beef	Leafy vegetables <ul style="list-style-type: none">• Spinach• Kale• Swiss chard• Beet greens• Collard greens• Dandelion greens• Broccoli• Brussel sprouts• Mustard greens• Turnip greens
Poultry <ul style="list-style-type: none">• Chicken (dark and white meat)• Turkey (especially dark meat)• Duck• Goose• Quail	Meat substitutes <ul style="list-style-type: none">• Tofu (firm, silken)• Tempeh• Natto (fermented soybeans)• Seitan• Textured vegetable protein (TVP)
Fish and seafood <ul style="list-style-type: none">• Tuna• Sardines• Salmon• Haddock• Mackerel• Herring• Perch• Trout• Clams• Oysters• Mussels• Scallops• Shrimp	Whole grains <ul style="list-style-type: none">• Quinoa• Oats (steel-cut, rolled, instant)• Brown rice• Barley• Bulgur• Millet• Farro• Rye bread• Whole wheat bread• Enriched pasta• Enriched rice• Bran cereals• Corn meal

Legumes <ul style="list-style-type: none"> • Lentils • Chickpeas (garbanzo beans) • Soybeans • Black-eyed peas • Peas (split, green, yellow) • White beans • Red kidney beans • Navy beans • Pinto beans 	Beans <ul style="list-style-type: none"> • Black beans • Kidney beans • Navy beans • Lima beans • White beans • Soybeans • Garbanzo beans (chickpeas) • Pinto beans • Green beans
Nuts and seeds <ul style="list-style-type: none"> • Cashews • Almonds • Macadamia nuts • Pine nuts • Hazelnuts • Walnuts • Pecans • Pistachios • Pumpkin seeds • Sesame seeds • Flaxseeds • Sunflower seeds • Chia seeds 	Fruits <ul style="list-style-type: none"> • Dried apricots • Prunes • Raisins • Figs • Dates • Dried peaches • Strawberries • Watermelon • Prune juice • Blackcurrants • Mulberries
Fortified cereals <ul style="list-style-type: none"> • Iron-fortified breakfast cereals (bran flakes, corn flakes, oat cereals) • Cream of Wheat • Instant oatmeal • Enriched rice • Enriched pasta • White bread (enriched) • Whole wheat bread (fortified) • Rye bread 	
Additional notes	