

## Foods Rich In Iron

- ?herbal tonic spa tone/floradix (consult pharmacist)
- red meat, steak and corned beef
- Legumes - lentils and butterbeans, harricot beans (baked beans) peas/beans)
- Fish – salmon, kippers, pilchards, sardines
- cream and cottage cheese
- Wholegrains - wheatgerm and oats and millet, bread and pasta, chapattis, oak cakes
- dried apricots, dates and figs, raisins, prunes, currents
- dark green leafy vegetables, cabbage, broccoli, spinach, sprouts, cooked nettle tops, dandelion leaves
- watercress and beansprouts
- dried peaches and prunes
- beetroot
- yeast/vecon extract
- soya flour
- breakfast cereals
- cane molasses (can stain teeth)
- chives/spring onions
- parsley
- nuts – especially almonds
- egg yolks
- Kelp/seaweed – use dried and add to stir fry, salads, or cook with rice
- Spirulina (health food shop – take advice)
- Fresh fruit, redcurrants, blackberries, loganberries, raspberries, cranberries

Limit use of dried fruits if have tendency to thrush.

NB Vitamin C taken at the same time (e.g. glass of orange juice will aid absorption, whilst bran, coffee and tea decrease absorption)

Vitamin C is found in: Fruit and vegetables, especially kiwi, oranges, rosehips, potatoes, broccoli, sprouts and cauliflower

Cooking – always try to steam vegetables and use vegetable water for soups, sauces or hot savoury drinks.

Use cast iron pots and pans if you have any.

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[www.3shiresmidwife.co.uk](http://www.3shiresmidwife.co.uk)

**For further information on Pregnancy and Birth, please see**

**[www.BirthIndex.co.uk](http://www.BirthIndex.co.uk)  
[www.3shiresmidwife.co.uk](http://www.3shiresmidwife.co.uk)**