

## **Anemia (Low Hemoglobin)**

The most common reason for low hemoglobin, or anemia, is low iron. To prevent this, it is important to eat foods high in iron. Vitamin C helps your body absorb more of the iron from the foods you eat, so foods high in vitamin C should be eaten at the same time as foods high in iron. Calcium can make it hard for the body to absorb iron, so try to avoid eating foods high in calcium (milk, yogurt, other dairy) at the same time as foods high in iron.

### **Iron Rich Foods**

#### **Excellent Sources**

Beef, lamb, bison  
Clams, oysters, mussels, crab  
Liver  
Oatmeal, Iron-fortified cereals  
Tofu, soybeans  
Dried fruits (apricots, prunes, raisins)  
Seeds\*, beans (sunflower seeds, lentils, lima, navy, and kidney beans)  
Spinach  
Chickpeas  
Blackstrap molasses

Turkey and chicken (especially dark meat)  
Shrimp, fish  
Pork, ham  
Green peas  
Enriched white long-grain rice  
Egg  
Enriched pasta and bread  
Peanut butter  
Brown rice  
Baked potato with skin  
Beets  
Sweet potato  
Quinoa

#### **Good Sources**

### **Vitamin C Sources**

#### **Fruits**

Citrus (orange, tangerine, grapefruit, etc)  
Pineapple  
Cantaloupe  
Strawberries  
Kiwi  
Raspberries

#### **Vegetables**

Red, yellow, green peppers  
Broccoli  
Tomatoes  
Cabbage  
Potatoes  
Leafy green vegetables  
Cauliflower

\*Small, hard foods such as seeds and nuts should not be given to young children as they may pose a choking hazard.