

Iron Maiden Iron Maiden Tab

CO Houle

Patient Education Handout Template Portrait Heme iron is easier for our bodies to absorb and is found in animal products like meat and poultry. Choosing heme sources of iron every day will help you get the proper amount of iron in your diet.

NUTRITION STRATEGIES TO INCREASE BLOOD IRON ... • Legumes (such as lentils and chickpeas) Limiting tannins and including foods high in Vitamin C with iron rich foods can help increase your iron levels. Here are some examples of foods high ... **Getting Iron from Your Food - UNM Health** Below are lists of common foods with heme iron and common foods with nonheme iron. They show how many milligrams (mg) of iron are in each food. In each section, the foods are listed ... **Iron Fact Sheet for Consumers** Iron is a mineral that the body needs for growth and development. Your body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the ... **Iron Rich Food Pyramid - American Red Cross** This guide shows the foods with the most iron to the lowest. Try to combine nonheme iron foods with vitamin C (for example, a glass of orange juice) to increase absorption of iron. **Iron - The Official Web Site for The State of New Jersey** Iron What Is Iron? X Iron is a mineral needed for healthy blood and to promote good health. X Everyone needs it. Why Do I Need Iron? X To prevent Iron Deficiency Anemia. **Iron for Healthy Blood - Florida Department of Health** Try adding one of these fruits or vegetables high in vitamin C to your meal the next time you eat a good or fair source of iron. For example, add strawberries to your cereal, or drink orange juice ...

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