High Iron Foods

People of all ages need to eat foods high in iron every day. Iron gives you energy; it helps your body carry oxygen around in your blood. Iron also helps you stay strong and fight illness.

Animal foods are the best source of iron. Iron is found in foods like red meat, eggs, chicken, fish and offal (for example, liver). Your body can absorb the iron from animal foods easily.

Iron is also found in plant foods such as tofu, beans, lentils, green leafy vegetables, and cereal with added iron. Plant foods usually don’t have as much iron as animal foods. It is also harder for your body to absorb iron from plant foods.

Here are some ideas to boost your iron intake:

* Try to eat red meat, fish, or chicken most days of the week.
* If you don’t eat meat, try to eat foods like tofu, nuts, eggs, beans or lentils regularly.
* Choose a breakfast cereal with added iron.
* Have leafy green vegetables such as broccoli, spinach and cabbage.
* Avoid drinking tea or coffee with your meal. Tea and coffee can reduce the amount of iron you absorb from foods.
* Having food high in vitamin C (like fruit and vegetables) with your meals. Vitamin C can help you absorb more iron.

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