

## Patient Information

### NUTRITION/IRON

#### GOOD FOOD SOURCES OF IRON

##### MEATS

beef  
lamb  
pork  
veal  
turkey  
beef heart  
kidney (all kinds)  
liver (all kinds)  
egg yolk

##### VEGETABLES

green beans  
broccoli  
greens (collards,dandelion,kale,spinach,turnips,beet greens)  
leaf lettuce

##### DRIED BEANS AND PEAS (all, including those below)

kidney  
pinto  
split peas  
black-eyed peas  
soy beans  
lentils

##### BREADS AND CEREALS THAT RE ENRICHED OR FORTIFIED

##### DRIED FRUIT

raisins  
apricots  
prunes  
dates

##### OTHERS

molasses  
prune juice

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green peas

NOTE THAT YOUR BODY CAN ABSORB NON-MEAT IRON SOURCES BETTER IF YOU EAT SOMETHING HIGH IN VITAMIN C AT THE SAME TIME (FOR EXAMPLE, ORANGE JUICE)