Iron

Why do you need iron?

- Iron is an important mineral that your body needs to keep your blood healthy.

How to increase how much iron your body takes in:

- Eat vitamin C rich foods alongside iron rich foods (such as cabbage or putting oranges on a spinach salad).

- When taking an iron supplement, have a vitamin C rich drink to go with it (such as a glass of orange juice, no more than 4 ounces).

- Avoid eating calcium rich foods with iron (such as milk, yogurt, and cheese).

What are some iron rich foods I should eat more of?

Beans and lentils	**Leafy greens**
Meat, chicken, or fish	**Nuts and nut butter**
Dried fruit	**Tofu and quinoa**

Talk to your CHN nutritionist if you have more questions!