

Foods High in Iron

EAT:

Oysters



Prune juice



Walnuts



Chickpeas



Pork roast

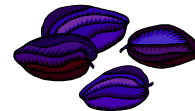
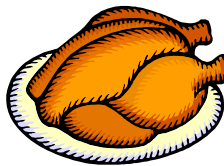
Shrimp



Sardines



Lima beans



Turkey, dark meat

Green peas



Potato



Green beans

Beef liver

Clams

Ground beef

Bran flakes

Cashew nuts

Raisins

Spinach

Kidney beans

Prunes

Peanuts

Sweet potato

Eggs



AVOID



Caffeine – Tea, Coke, Coffee



Antacids



The Scott & White Blood Center
254-724-HERO 877-724-HERO