

Foods Combinations to Increase Iron Absorption

BREAKFAST	
Iron Fortified Cereal Berries (strawberries, blueberries, blackberries, raspberries)	Cereal – Non-Heme Iron Berries – Vitamin C
Egg Burrito Orange Juice	Eggs – Non-Heme Iron Orange Juice – Vitamin C
Nut Butter (peanut, almond, cashew) Whole Grain Toast Melon (water, cantaloupe, honeydew)	Nut Butter/Nuts – Non-Heme Iron Toast – Non-Heme Iron Melon – Vitamin C
Whole Grain Bagel Pineapple (canned or fresh)	Fortified or Whole Grain Bagel – Non-Heme Iron Pineapple – Vitamin C
LUNCH (OR DINNER)	
Chicken Leg or Thigh Spinach Salad	Chicken – Heme Iron Spinach – Vitamin C (and Non-Heme Iron)
Nut Butter Sandwich Raw Cauliflower or Broccoli	Nut Butter – Non-Heme Iron Whole Grain Bread – Non-Heme Iron Cauliflower – Vitamin C
Tuna Sandwich Vitamin C Enriched Apple Juice	Tuna – Heme Iron Bread – Non-Heme Iron Apple Juice – Vitamin C
DINNER (OR LUNCH)	
Chicken and Tomato Tacos	Chicken – Heme Iron Flour Tortilla – Non-Heme Iron Tomatoes – Vitamin C
Pinto Bean Burritos Fresh Salsa	Pinto Beans – Non-Heme Iron Flour Tortilla – Non-Heme Iron Salsa – Vitamin C
Spaghetti and Meat Sauce	Ground Turkey/Beef – Heme Iron Pasta – Non-Heme Iron Marinara Sauce – Vitamin C
Macaroni and Cheese Broccoli	Pasta – Non-Heme Iron Broccoli – Vitamin C
Lentil, Tomato, Spinach Stew	Lentils – Non-Heme Iron Tomatoes and Spinach – Vitamin C
Chili con Carne	Ground Turkey/Beef – Heme Iron Beans – Non-Heme Iron Tomatoes/Bell Peppers – Vitamin C