

Improve with Foods

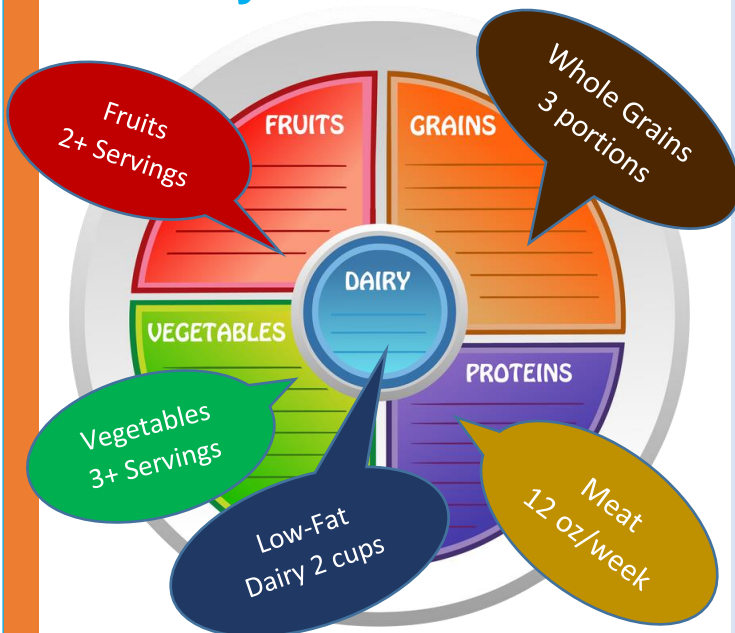
Meal Prep Tips¹⁻⁶

- Try using healthy, lean proteins that provide a lot of vitamin B12 and iron
- The body absorbs iron better when lean proteins are separated from high calcium foods (includes: dairy, broccoli, kale, seeds, and nuts)
- Use dried fruits and nuts as snacks to up iron intake
- Eat green vegetables daily for more iron and folate
- Eat more foods rich in vitamin C to enhance iron uptake. Or try adding them into recipes (ex. Salad dressing with lemon, tomato sauce with sweet peppers)
- Great sources of vitamin C foods include: strawberries, sweet peppers, and citrus fruits.

Iron Food Facts⁴

- ✓ **Tannins:** Can block iron uptake. Limit coffee, tea, and wine with meals.
- ✓ **Phytates:** Bind iron and hamper uptake. Limit legumes and whole grains when eating iron rich foods.
- ✓ **Calcium:** Competes with iron. Limit calcium rich foods (dairy, seeds, nuts, broccoli, kale) when eating iron foods.

Healthy Diet for Anemia⁴



Find more information:

1. Wicworks.fns.usda.gov
2. Mayoclinic.org
3. Eatright.org

Vegetarian Diet for Anemia⁶



With a good plan, most nutrient needs are easy to meet. To meet B12 needs, focus on eating more fortified foods. Some options include: cereals, nutritional yeast, almond, coconut, and soy milks.