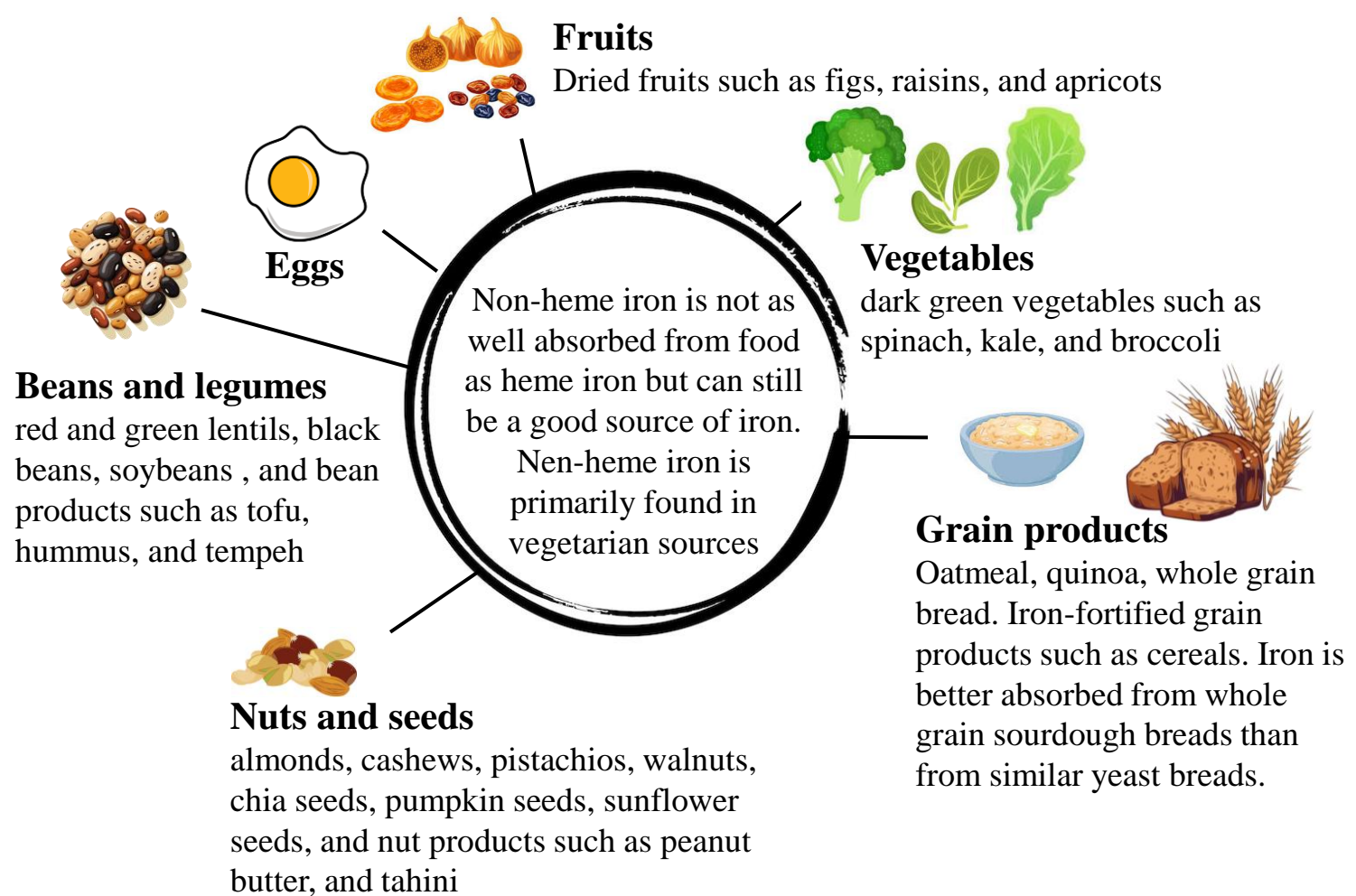
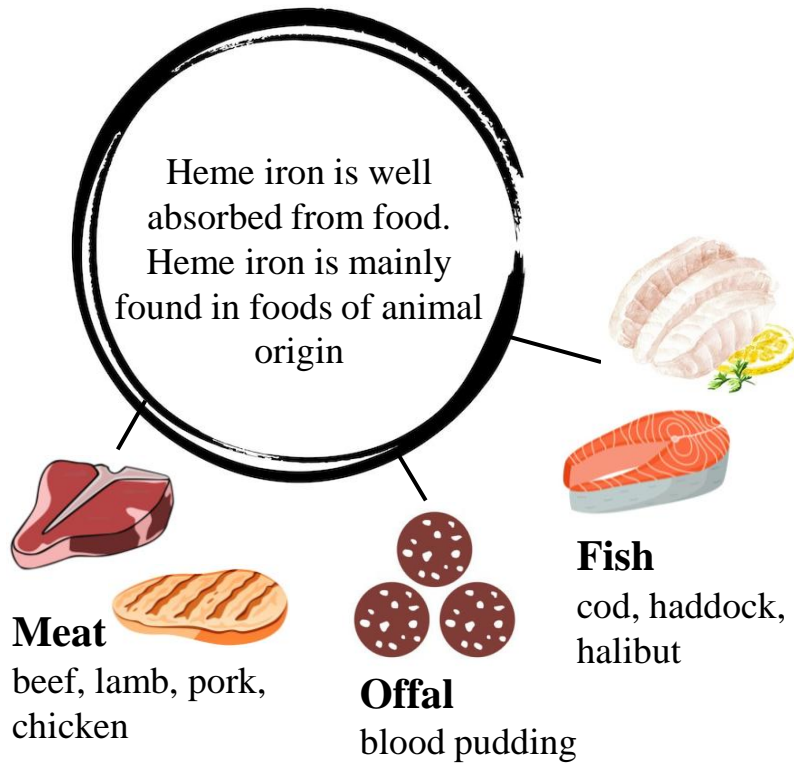


Which foods are rich in iron?



Some foods can decrease/increase the absorption of iron from food. If you have a deficiency, it may be a good idea to keep some things in mind:

Enhancing factors for iron absorption

Vitamin C helps the body absorb iron from food. Vitamin C is found in fruits and vegetables, especially citrus fruits (lemon, lime, orange, kiwi and grapefruit), strawberries, tomatoes and peppers. It could help to have these foods with iron-rich meals to increase iron absorption.

Inhibiting factors for iron absorption

Calcium and tannins decrease the absorption of iron from food. Calcium is mostly found in dairy products and tannins in cocoa, coffee and tea. It may be a good idea to skip these drinks with iron-rich meal, and instead drink them between meals.