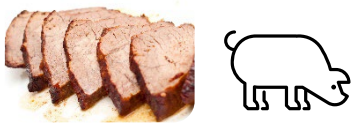
Iron Foods for Pregnancy

Iron helps give you energy. Iron helps your baby's body and brain grow.

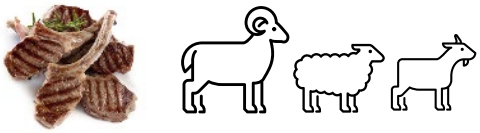
Eat foods with iron every day. Take your prenatal vitamin daily.

Animal foods with iron

Wild meat (elk, moose, rabbit, venison)

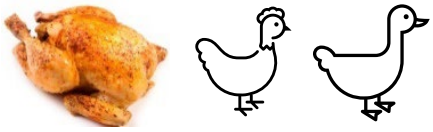


Pork, wild boar



Bighorn sheep, lamb, and goat

Egg



Chicken, duck, goose, grouse, pheasant, and turkey

Fish, shellfish, and 'light' canned tuna

Beef, wood bison

Plant foods with iron

Fortified grains and flours, hot or cold cereal

Chickpeas, beans, and lentils

Nuts (almond, cashew, pistachio) and nut butters (almond, peanut)

Seeds (chia, pumpkin, sesame) and seed butters (tahini)

Dried fruit

Edamame (soybeans)

Peas

Spinach (cooked)

Tofu

Nutrition Services

Vitamin C and Iron

Vitamin C can help you get the most iron out of your foods.
Use canned, fresh, or frozen foods.

Berries	Broccoli	Kiwi fruit	Oranges and lemons	Peppers	Tomatoes and tomato sauce

Ways to include iron at meals and snacks

Eat vitamin C foods with your high iron foods.

Bean and lentil soup with peppers	Cold cereal with berries	Curry with goat, chickpeas, or lentils and tomatoes	Hummus with vegetables and pita
Moose meat stew with potatoes	Pork congee with bok choy	Stir-fry with tofu or meat and broccoli	Tuna sandwich with vegetables

What happens if I think I have low iron?

If you think you have low iron, talk to your healthcare team. Your healthcare team can check your iron levels with a blood test.

To learn more, visit the **Healthy Parents Healthy Children** website (HealthyParentsHealthyChildren.ca).

If you have questions about iron, call 811.
Ask to talk to a dietitian.
Visit ahs.ca/Nutrition.

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