

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.

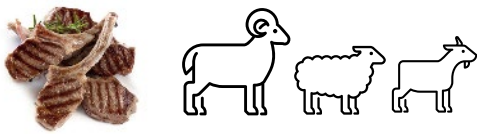
Animal foods with iron



Wild meat (elk, moose, rabbit, venison)



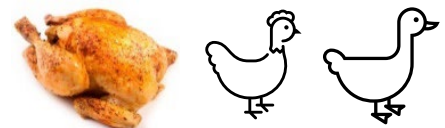
Pork, wild boar



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

Vitamin C and Iron

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

					
Apples	Berries	Broccoli	Oranges and lemons	Peppers	Tomatoes and tomato sauce

Ways to include iron at meals and snacks

Iron foods are **bolded**. 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.