
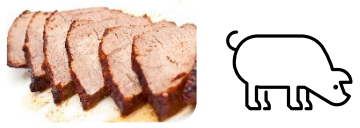
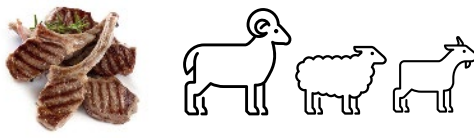

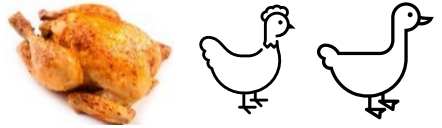



















# Iron Foods for Pregnancy

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.

<p><b>Animal foods with iron</b></p>	 <p>Wild meat (elk, moose, rabbit, venison)</p>	 <p>Pork, wild boar</p>		
 <p>Bighorn sheep, lamb, and goat</p>	 <p>Egg</p>	 <p>Chicken, duck, goose, grouse, pheasant, and turkey</p>		
 <p>Fish, shellfish, and 'light' canned tuna</p>		 <p>Beef, wood bison</p>		
<p><b>Plant foods with iron</b></p>	 <p>Fortified grains and flours, hot or cold cereal</p>	 <p>Chickpeas, beans, and lentils</p>		
 <p>Nuts (almond, cashew, pistachio) and nut butters (almond, peanut)</p>		 <p>Seeds (chia, pumpkin, sesame) and seed butters (tahini)</p>		
 <p>Dried fruit</p>	 <p>Edamame (soybeans)</p>	 <p>Peas</p>	 <p>Spinach (cooked)</p>	 <p>Tofu</p>









## 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
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## 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](https://HealthyParentsHealthyChildren.ca)).

If you have questions about iron, call 811. Ask to talk to a dietitian. Visit [ahs.ca/Nutrition](https://ahs.ca/Nutrition).