

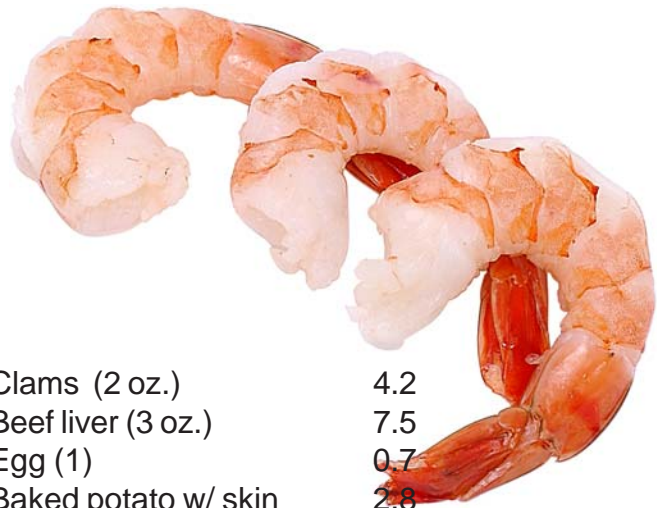
Iron rich foods

Hemoglobin is a protein in the blood that contains iron. It helps carry oxygen to the body's tissues and gives blood its red color.

Eating iron rich foods daily is an important part of making hemoglobin. To assure you maintain healthy blood, it is recommended that the following amounts of iron be consumed daily: women age 50 and under require 18 mg daily; men age 50 and under require 15 mg daily; and, those over 50 require 10 mg daily.

To enhance absorption of iron rich foods eat them with foods high in vitamin C such as orange juice, watermelon, canteloupe, and other citrus foods. The following interfere with iron absorption: coffee, tea, cola, cranberries, and rhubarb.

Beef (3 oz.)	3.0
Pork (3 oz.)	2.7
Poultry (dark, 3 oz.)	2.0
Shrimp (3 oz.)	2.5
Oysters (3 oz.)	13.2



Clams (2 oz.)	4.2
Beef liver (3 oz.)	7.5
Egg (1)	0.7
Baked potato w/ skin	2.8
Bean burrito (1)	2.5
Kidney beans (1/2 c.)	2.2
Baked beans (1 c.)	5.0
Chick-peas (1/2 c.)	3.0
Bread whole wheat (1 slice)	1.2
Soup, lentil/ham (1 c.)	2.6
Soup, beef noodle (1 c.)	2.4
Walnuts (1/2 c.)	3.75
Cashews (1/2 c.)	2.65
Prune juice (12 c.)	5.2
Apricots dried (10)	1.7
Raisins (1/2 c.)	2.55
Broccoli, fresh (1/2 c.)	0.7
Spinach (1/2 c.)	2.3

