

Happy & Healthy Pediatrics

Pediatric, Adolescent, & Breastfeeding Medicine



Increasing Iron in the Diet

- Foods high in iron are: liver, ground beef, lamb, whole wheat bread, beans, lentils, peas, potatoes, bananas, pomegranates, apricots, blackberries, almonds, cherries, eggs, figs, dark green leafy vegetables, prunes, raisins, red meat and seaweed.
- Vitamin C improves the absorption of iron. Foods rich in Vitamin C include: grapefruit, oranges, strawberries, blackberries, raspberries, mangos, cantaloupe, papayas, tomatoes, red or green peppers, cabbage, broccoli, cauliflower, and leafy greens.
- Bananas with honey is a great snack (in children over 1 year of age).
- Use cast iron pans for cooking. Foods cooked in cast iron pans can absorb the iron from the pans.
- Make a shake including several of these foods if children are not open to eating these foods on their own.
- Limit milk consumption (over the age of 1 year of age) to no more than 16 ounces/day. Too much milk can cause iron deficiency anemia.