# **Iron Foods for Pregnancy**

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

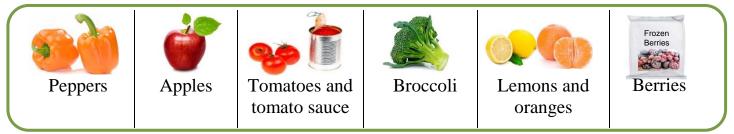
Eat foods with iron every day. Take your prenatal vitamin daily.

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Animal food iron		ild meat (moose, e venison)	elk,	Pork		
Lamb and go		Egg		en, turkey, goose, nd duck		
Fish, light tuna	>  ed)	Beef				
<b>iron</b> Fortified gr		tified grains and fl hot or cold cereal	-	eas, beans, and lentils		
Nuts (pistachio, almond, cashew) and nut butters (almond, peanut)       Seeds (pumpkin, chia, sesame) and seed butters (tahini)						
FROZEN PEAS						
		Edamame	Carlotter.			



## Vitamin C and Iron

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



#### Ways to include iron at meals and snacks:

Iron foods are **bolded**. Eat foods high in vitamin C with your high iron foods.

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

#### 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.

### My plan:



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.

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