

Iron Supplementation and Anemia

It's becoming more and more common for me to have clients who are diagnosed with anemia during pregnancy. So I figured it was time to make a handout for those who do not want to take those dreaded iron pills. You need 14.8 mg a day usually, but during pregnancy you need 27 mg!

- Vitamin C helps you absorb iron! Orange juice, making your own vitamin C capsules with orange, grapefruit, and lemons
- Methylfolate
- Spinach 3 mg per ½ cup
- Broccoli ½ cup 0.5 to 1.5 mg
- Strawberries 1 cup 0.5 to 1.5 mg
- Oatmeal ½ cup 7 mg
- Quinoa 2.8 mg per cup
- Kale 1 mg per cup
- Beef liver 15 mg per 3 oz
- Chickpeas ½ cup 2.5 mg
- Dandelion green 1.9 mg per cup
- Prune juice 3 mg per 1 cup
- Burdock Root
- Valerian
- Chicken 1 mg per 3 oz
- Eggs 1 mg per 1 egg
- Fortified cereal 18 mg per serving
- Dark chocolate 2 mg per oz
- Tomatoes 2 mg per ½ cup
- Kidney beans 2 mg per ½ cup
- Cashews 2 mg in 18 nuts
- Cooking in cast iron