

IRON RICH DIET FOR ANEMIA

To have iron rich foods such as

- **Dark green leafy vegetables like spinach, broccoli**
- **Iron fortified cereals**
- **Dried fruits like Raisins, dates, fig etc.,**
- **Non vegetarian sources like Red meat, sea food**
- **Nuts & seeds**
- **Dark chocolate**

To have Vitamin C rich foods which helps in iron absorption

- **Citrus fruits such as oranges & lemons**
- **Berries**
- **Melons**
- **Kiwi fruit**

Foods containing phytates ,tannates & calcium hinders iron absorption & hence should not be taken with iron rich foods/iron supplements

- **Coffee & tea**
- **Red wine**
- **Calcium rich foods/calcium supplements**