



## 1. Increasing iron intake

*A person with reduced levels of hemoglobin may benefit from eating more iron-rich foods. Iron works to boost the production of hemoglobin, which also helps to form more red blood cells.*

*Iron-rich foods include:*

- *meat and fish*
- *soy products, including tofu and [edamame](#)*
- *eggs*
- *dried fruits, such as dates and figs*
- *broccoli*
- *green leafy vegetables, such as [kale](#) and spinach*
- *green beans*
- *nuts and seeds*
- *peanut butter*

## 2. Increasing folate intake

*If a person does not get enough folate their red blood cells will not be able to mature, which could lead to folate-deficiency anemia and low hemoglobin levels.*

*Good sources of folate include:*

- *beef*
- *spinach*
- *rice*
- *peanuts*
- *black-eyed peas*
- *kidney beans*
- *avocadoes*
- *lettuce*

### **3. Maximizing iron absorption**

*Foods rich in vitamin C, such as citrus fruits, strawberries, and leafy green vegetables, can boost the amount of iron absorbed. Taking a vitamin C supplement may also help.*

*Vitamin A and beta-carotene can aid the body in absorbing and using iron.*

*Foods rich in vitamin A include:*

- *fish*
- *liver*
- *squash*
- *sweet potatoes*
- *kale and collards*

*Foods high in beta-carotene include yellow, red, and orange fruits and vegetables, such as:*

- *carrots*
- *sweet potatoes*
- *squash*
- *cantaloupes*
- *mangoes*

#### **4. Taking iron supplements**

*A doctor may advise a person with extremely low levels of hemoglobin to take iron supplements. The dosage will depend on a person's levels.*

*It is important to note that too much iron can be dangerous. It may cause hemochromatosis, which can lead to liver disease and side effects such as constipation, nausea, and vomiting.*

*Supplements will cause levels of iron to increase gradually over a few weeks. A doctor may recommend taking the supplements for several months, to increase the body's iron stores.*