

Nephrology Associates

Foods high in Iron

Vegetables



- Spinach
- Beet greens
- Dandelion greens
- Sweet potatoes
- Peas
- Broccoli
- String beans
- Collards
- Kale
- Chard

Bread & Cereals



- White bread (enriched)
- Whole wheat bread
- Enriched macaroni
- Wheat products
- Bran cereals
- Corn meal
- Oat cereal
- Cream of Wheat
- Rye bread
- Enriched rice

Sea Food



- Shrimp
- Dried cod
- Mackerel
- Sardines
- Oysters
- Haddock
- Clams
- Scallops
- Tuna

Fruits



- Prunes
- Watermelon
- Dried apricots
- Dried peaches
- Strawberries
- Prune juice
- Raisins
- Dates
- Figs

Meat



- Liver
- Liverwurst
- Beef
- Lamb
- Ham
- Turkey
- Chicken
- Veal
- Pork
- Dried beef
- Tongue
- Heart
- Kidney
- Brains

Other Foods



- Eggs (Any Style)
- Dried peas
- Dried beans
- Instant breakfast
- Corn syrup
- Maple syrup
- Lentils
- Molasses