



## Iron Rich Food Pyramid

Iron is an essential mineral that is needed for healthy blood. You can get iron from the foods you eat. This guide shows the foods with the most iron to the lowest.

Try to combine nonheme iron foods with vitamin C (for example, a glass of orange juice) to increase absorption of iron.

**Talk to your healthcare provider to determine how much iron you need every day.**

**Foods to avoid:** Fried foods, butter, mayonnaise, ice cream, chips, cheesecake, fatty meat, duck, gravy, bacon and sausage, cream soups

**Schedule to Donate Blood at [RedCrossBlood.org/Give](https://www.RedCrossBlood.org/Give) or call 1-800-RED CROSS.**

