

## Iron Deficient Suggestions

All foods are relatively poor sources of iron; even the highest iron-carrying foods have a low supply. Remember that food cooked in boiling water and soaked destroying the iron, causing a loss of up to 46% of the mineral, unless the cooking water is also used in consumption. Iron foods should be cooked only lightly, preferably steamed; raw foods and juices are better. Only unsulphurated dried fruits should be used.

Highest iron foods (\*) include dulse, kelp, rice bran, greens such as spinach, dried fruits, black cherries and liquid chlorophyll. Iron-containing foods are listed below:

Agar	Fennel	Pumpkin Squash Seeds
Almonds	Figs	Raisins
Apricots	Goat's Milk	Red Beans (Dried)
Bananas (Red are best)	Greens*	Red Peppers (Hot)
Beet Greens	Irish Moss	Rice Polishings and Bran*
Blackberries	Kale	Rye
Black Cherries*	Kelp*	Salsify
Blackstrap Molasses	Lentils (Dried)	Sesame Seeds (Whole)
Black Walnuts	Lima Beans (Dried)	Sorrel
Butternuts	Millet	Soybeans (Dried)
Cashews	Mung Beans (Dried)	Spinach
Dandelion Greens	Mustard Greens	Sprouted Seed Beans
Dates	Parsley	Sunflower Seeds
Dried Fruits*	Peaches (Dried)	Swiss Chard
Dulse*	Peas (Dried)	Wheat Bran and Germ
Eggs	Pinto Beans (Dried)	White Beans (Dried)
English Walnuts	Prunes (Dried)	