

Iron

Suggested daily intake: 30 mg/day

Benefits of Iron:

- blood has more oxygen in mother and baby
- mother has more energy
- helps reduce risk of postpartum hemorrhage
- helps mother heal more quickly after birth
- a healthier, happy mother makes for a healthy, happy baby

Good Food Sources:

- dark, green leafy vegetables (romaine lettuce, broccoli, etc)
- dried fruit (apricots, prunes, etc)
- black strap molasses
- fortified cereals
- whole grain breads
- nuts and seeds
- black cherries
- beans
- red meat
- herbs (nettle, comfrey, red raspberry tea, dandelion leaf, yellow dock)
- kelp powder or tablets, seaweeds
- spirulina or chlorella
- nutritional yeast (good for vegan women as a source of B12)
- miso
- beets

Tips:

- For best absorption, take iron rich foods with something rich in vitamin C (a glass of orange juice).
- Eliminate caffeine, as it reduces absorption.
- Cooking in a cast iron skillet can increase iron content safely.
- Taking an iron supplement can help. But if you find your regular brand is constipating you or not being absorbed well by your body, try a herbal or chelated version (Floradix, Hemoplex, etc.).
- Avoid taking supplement with a calcium product, as it decreases the iron absorbancy.