

Iron rich foods in pregnancy

Good sources of iron include:

- ✓ Red meat
- ✓ Brown rice
- ✓ Pulses (beans, peas and lentils)
- ✓ Fresh, green leafy vegetables, such as spinach or kale
- ✓ Dried fruit, such as prunes, raisins or apricots
- ✓ Nuts and seeds
- ✓ Fish
- ✓ Fortified cereals



Vitamin C can help the body absorb iron. Good sources of vitamin C include kiwi fruit, oranges, potatoes, cauliflower and broccoli.

Try to avoid drinking tea and coffee (including decaf), especially with a meal. This can stop iron being absorbed into your body.