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.