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## Sources of Iron

The body absorbs two to three times more iron from animal sources than from plants. Some of the best dietary sources of iron are:

- Lean beef
- Turkey
- Chicken
- Lean Pork
- Fish

Although you absorb less of the iron in plants, every bite counts, and adding vitamin C to vegetarian sources of iron will enhance absorption.

Some of the best plant sources of iron are:

- Beans, including pinto, kidney, soybeans and lentils
- Dark green leafy vegetables such as spinach
- Fortified breakfast cereals
- Enriched rice
- Whole-grain and enriched breads.