



Cascade Women's Health, PC  
PHYSICIANS AND SURGEONS

1040 N.W. 22nd Avenue ~ Suite 330 ~ Portland, OR 97210

Phone 503 274-9936 ~ Fax 503 274-2660

[www.CascadeWomensHealth.org](http://www.CascadeWomensHealth.org)

You may possibly have an iron shortage if you are:

1. An infant
2. A young child
3. A woman under age 45
4. Pregnant
5. A sick person(after repeated diarrhea, infections, loss of blood)
6. Having bleeding issues

## IRON RICH FOODS

**Excellent Sources-** Provide 40% of a women's need  
and 78% of a child's daily needs.

Kidney	Liver
Oysters	Prune Juice

**Very Good Sources-** Provide 22% of a women's need and  
40% of a child's daily needs.

Heart	Beef
Liverwurst	Pork
Watermelon	Clams
Turkey	

**Some cereals-**

Cream of Wheat	Total
Malt-O-Meal	Buc Wheats
Post Bran Flakes	Post Raisin Bran
Product 19	Fortified Oat Flakes

**Some cereals –**

Maypo	Wheat Chex
Special K	Kellogg's Raisin Bran
Kix	Cheerios
Wheaties	

**Good Sources-** Provide 15% of a women's need  
And 25% of a child's daily needs.

Dried Beans (kidney, lima, pinto)	
Asparagus (canned)	Chicken
Large Shrimp	Wheat Germ
Dried Prunes	

**Fair Sources-** Provide 8% of a woman's need and  
15% of a child's daily needs.

Dried Apricots	Green Beans
Banana	Greens(spinach, beet, mustard, turnip, chard)
Peas	Cocoa
Brussel Sprouts	Oatmeal
Canned Plums	Corn Tortilla
Lentils	Enriched White Bread
Dark Molasses	Fish
Enriched Pasta	Pickles
Garbanzo Beans	Nuts
Peanut Butter	Raisins
Dates	Tomato Juice
Figs	Berries