

IRON, B₁₂ AND FOLATE TOP FOOD SOURCES

Healthy eating is important for everyone, but especially if you're lacking some of the important nutrients, such as iron, B₁₂, and folate. The best sources of these nutrients are listed below. Reach for these foods more often to make sure you're meeting all your nutritional needs.

IRON

- Meat: liver (chicken, beef and pork), beef, lamb, pork, turkey, chicken
- Seafood: oysters, mussels, shrimp, sardines
- Fish—perch, halibut, trout, swordfish, bluefish
- Wholegrain and enriched breads*
- Iron-fortified hot and cold breakfast cereals*
- Dried fruit—figs, apricots, prunes, raisins*
- Dark green, leafy vegetables—spinach, Swiss chard, broccoli, Brussel sprouts, green peas, asparagus*
- Beans, peas, lentils, chick peas, tofu*
- Enriched pasta*
- Nuts, pumpkin seeds, sunflower seeds*
- Amaranth, quinoa (grains)*

* *It is important to eat foods rich in vitamin C or drinking a glass of orange juice with these foods to improves your body's ability to absorb the iron.*

B₁₂

- Beef, poultry, pork
- Fish—bluefish, bass, salmon, trout
- Shellfish— clams, oysters, crab
- Eggs
- Milk, yogurt, cheese
- Nutritional yeast (grown on a vitamin B₁₂ enriched medium)—Red Star®

FOLATE

- Poultry, pork, liver
- Asparagus, broccoli, spinach, romaine lettuce, avocado
- Cantaloupe, oranges, papaya, strawberries, bananas
- legumes, nuts and seeds
- Wheat bran and other wholegrains
- Folate-fortified breakfast cereals

