

# Mindful Mum | Iron for Healthy Pregnancy

Healthy Diet for Pregnancy Guide



## Mindful Mum | Sources of Iron in Food

Iron Food Sources	Mg per 100g
Curry powder	58.3
Ground ginger	46.3
Nori seaweed	19.6
Special K	13.3
Ready Brek	13.2
Lentils (green or brown), dry weight	11.1
Sesame seeds	10.4
Pumpkin seeds	10.0
Soya beans, dry weight	9.7
Lentils, red, dry weight	7.6
Weetabix	7.4
Peaches, dried	6.8
Haricot beans, dry weight	6.7
Red kidney beans, dry weight	6.4
Cashew nuts, plain	6.2
Pot barley, dry weight	6.0
Couscous, dry weight	5.0
Bulgar wheat, dry weight	4.9
Apricots, dried	3.4
Beef, lean	2.1
Kale, lightly boiled	2.0
Eggs	1.9
Brown rice, dry weight	1.4
Baked beans in tomato sauce	1.4
Spring greens, lightly boiled	1.4
Broccoli, lightly boiled	1.0



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Sources: Judith Wills, The Food Bible, 2007.  
For more info go to [www.mindfulmum.co.uk](http://www.mindfulmum.co.uk)

### Need for Iron

Iron is an important nutrient for you during pregnancy. It is essential for the developing blood supply of your baby and for your own expanding blood supply. It's easy for pregnant women to become deficient in iron during pregnancy so its important to eat plenty of iron rich food.

### Vitamin C and Iron

Vitamin C helps your body to absorb the mineral. Drinking fresh orange juice and foods rich in vitamin C will help prevent you from becoming anaemic.

Avoid caffeinated drinks, such as tea and coffee, during meal times as they can interfere with iron absorption.

### Iron Supplements

Making sure your diet includes safe sources of iron is important and preferable to taking iron supplement which have unpleasant side effects such as constipation and other uncomfortable tummy upsets.

Sources: FSA, Eat Well Be Well, When You Are Pregnant(Accessed 18/02/10), Anaemia - Iron deficiency. NHS Clinical Knowledge Summaries (CKS). [www.cks.library.nhs.uk](http://www.cks.library.nhs.uk) (Accessed 18/02/10) , Judith Wills, The Food Bible. 2007



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