



Iron Rich



Agar	*Dried Fruits	Millet	*Rice Polishings & Bran
Almonds	*Dulse	Mung Beans - Dried	Rye
Apricots	Eggs	Mustard Greens	Salsify
Bananas - Red are best	English Walnuts	Parsley	Sesame Seeds - Whole
Beet Greens	Fennel	Peaches - Dried	Sorrel
Blackberries	Figs	Peas - Dried	Soybeans - Dried
*Black Cherries	Goat Milk	Pinto Beans - Dried	Spinach
Blackstrap Molasses	*Greens	Prunes - Dried	Sprouted Seeds & Beans
Black Walnuts	Irish Moss	Pumpkin & Squash Seeds	Sunflower Seeds
Butternuts	Kale	Radishes	Swiss Chard
Cashew Nuts	*Kelp	Raisins	Wheat Bran & Germ
Dandelion Greens	Lentils - Dried	Red Beans - Dried	White Beans - Dried
Bates	Lima Beans - Dried	Red Peppers - Hot	

All foods are relatively poor sources of Iron; even the highest iron-carrying foods have a low supply. Remember that boiling and soaking destroy iron, causing a loss of up to 46% unless the cooking water is also used as food. Iron foods should be cooked only lightly, preferably steamed; raw foods and juices are better. Only unsulphured dried fruits should be used.

Highest Iron foods (*) include dulse, kelp, rice bran, greens such as spinach, dried fruits, black cherries, and liquid chlorophyll.