



# NUTRITION:

## Iron-rich foods

There are many iron-rich foods to choose from. However, getting enough iron can sometimes be challenging for youth athletes, endurance athletes, female athletes who menstruate, and vegetarian athletes. Consumption of iron containing foods regularly along with foods high in Vitamin C will support optimal iron absorption.

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| <b>MEAT</b>                 | Beef<br>Chicken<br>Lamb<br>Lean Pork<br>Turkey<br>Veal<br>Seafood                    |
| <b>MEAT SUBSTITUTES</b>     | Nuts<br>Peanut Butter<br>Kidney Beans<br>Tofu<br>Eggs<br>Sunflower/Pumpkin Seeds     |
| <b>GRAINS</b>               | Iron-Fortified Whole Grain Bread<br>Cereals<br>Wheat Bran<br>Spaghetti<br>Wheat Germ |
| <b>VEGETABLES</b>           | Green Peas<br>Spinach<br>Broccoli  |
| <b>FRUITS</b>               | Raisins<br>Dried Prunes<br>Dried Apricots<br>Strawberries                            |
| <b>FOODS WITH VITAMIN C</b> | Orange<br>Grapefruit<br>Broccoli<br>Bell Peppers<br>Papaya                           |

For more information, call 832-22-SPORT (77678) or visit [texaschildrens.org/sportsmed](http://texaschildrens.org/sportsmed)



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