

OB/GYN Women's Health Center

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FOODS RICH IN IRON

MEATS: Liver Beef, Liverwurst, Beef, Veal Hearts and Kidneys.

VEGETABLES: Lima Beans, Baked Beans, Peas, Spinach, Turnip Greens and Tomato Juice

FRUITS: Prunes, Dates, watermelon, Raisins, Dried Peaches and Dried Apricots.

BREADS: Enriched Farina, Egg Noodles and Enriched Waffles.

LEGUMES: Black-Eyed Peas, Chick Peas, Kidney Beans, Peanuts, Navy Beans, Chestnuts, Cowpeas, Split Peas and Lentils.

Important Warning

Fish can be an important part of a healthy diet. But, some fish have harmful amounts of Mercury. Therefore, the United States Environmental Protection Agency (EPA) advises pregnant women and nursing mothers to limit their consumption of freshwater fish to one meal per week of no more than six (6) ounces of freshwater fish. In addition, pregnant women and nursing mothers should not eat shark, swordfish, king mackerel, or tilefish.