

FOOD SOURCES HIGH IN IRON FOR DIALYSIS PATIENTS!

LOW IN POTASSIUM

FOODS CONTAINING 2 TO 4 MG OF IRON PER SERVING

Lean pork	3 oz	276mg K
Lean veal	3 oz	189mg K
Lean beef	3 oz	195mg K
Frozen mustard greens	½ cup	154mg K
Turnip greens	½ cup	123mg K
Green peas	1 cup	216mg K

FOODS CONTAINING 1 TO 2 MG OF IRON PER SERVING

Eggs	1	65mg K
Kale	½ cup	122mg K
Blackberries	½ cup	140mg K
Strawberries	½ cup	143mg K
Apple juice	½ cup	125mg K
Oatmeal	½ cup	73mg K
Enriched bread	1 slice	29mg K

HIGH IRON READY TO EAT CEREALS!

NOTE: CEREALS GENERALLY CONTAIN 30-5 MG OF IRON PER SERVING: ONE OUNCE OF THE FOLLOWING CEREALS CONTAINS 100% OR MORE OF THE MINIMUM DAILY REQUIREMENTS (10-15MG) OF IRON FOR CHILDREN AND ADULTS:

GENERAL MILLS:	BucWheats	1 cup
	Kabooms	1 cup
	Total	¼ cups
KELLOGG'S:	40% Bran Flakes	¾ cup
	Product 19	1 cup
	Raisin Bran	½ cup
POST:	Cinnamon Raisin Bran	½ cup
	Fortified Oat Flakes	2/3 cup
	40% Bran Flakes	½ cup
	Raisin Bran	½ cup
QUAKER:	King Vitamin	¾ cup
RALSTON PURINA	Wheat Chex	¾ cup

HINT: VITAMIN C (60 mg) TAKEN WITH ORAL IRON FOODS

ENHANCE THE ABSORPTION OF THE IRON