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Foods High in Iron

- Red meat
 - Egg yolks
 - Dark, leafy greens (spinach, collards)
 - Dried fruit (prunes, raisins)
 - Iron-enriched cereals and grains (check the labels)
 - Mollusks (oysters, clams, scallops)
 - Turkey or chicken giblets
 - Beans, lentils, chick peas and soybeans
 - Liver
 - Artichokes
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- If you eat iron-rich foods along with foods that provide plenty of vitamin C, your body can better absorb the iron.