

Did you know that these 7 foods are richer than iron?

Immediately supplement the following foods so as not to face a dangerous iron deficiency for health.

Iron is an important trace element in our body, which is one of three important micronutrients including vitamin A, iron and iodine. Although the presence of this substance in the body is very small, it is essential for our life. The body that is supplied with enough iron will help you stay healthy and energetic. Conversely, if iron deficiency causes fatigue, weakness, anemia, metabolism slows down, etc. You can provide iron to your body by adding to the menu. Everyday foods like red meat, poultry, seafood, . Besides these foods, there are foods that few people think it is considered to be equivalent or even rich in iron. meat. So to see which foods they are, learn it through the following article.

1. Vegetables are dark green, especially spinach



Dark green vegetables, especially spinach, also have other names such as spinach, spinach, sticky corn, spinach, vegetables in the temple house, this is a flowering plant belonging to the Amaranth family. This is a healthy vegetable. In spinach contains very little saturated fat and it is also a good source of fiber. In addition, it also provides us with vitamins such as A, C, E, B6 and minerals such as calcium, potassium, manganese and especially iron.

In 500g spinach contains about 18 mg of iron, a lot more than a 200g beef steak. So, you can use this vegetable to replace meat to supplement your body's iron daily. Here is a nutritionist advice for you.

2. Broccoli



Broccoli or cauliflower, is a familiar vegetable for us. With broccoli we can prepare a lot of dishes such as stir-fry, boiled or can also eat raw. This is a very low food in saturated fat and cholesterol is suitable for people with cardiovascular disease. Not only broccoli contains many other essential nutrients for the body such as Protein, calcium, iron, magnesium, fiber, vitamin A, vitamin C, vitamin K. Thanks to vitamin C, the absorption of iron into Our bodies also become easier.

3. Soy beans



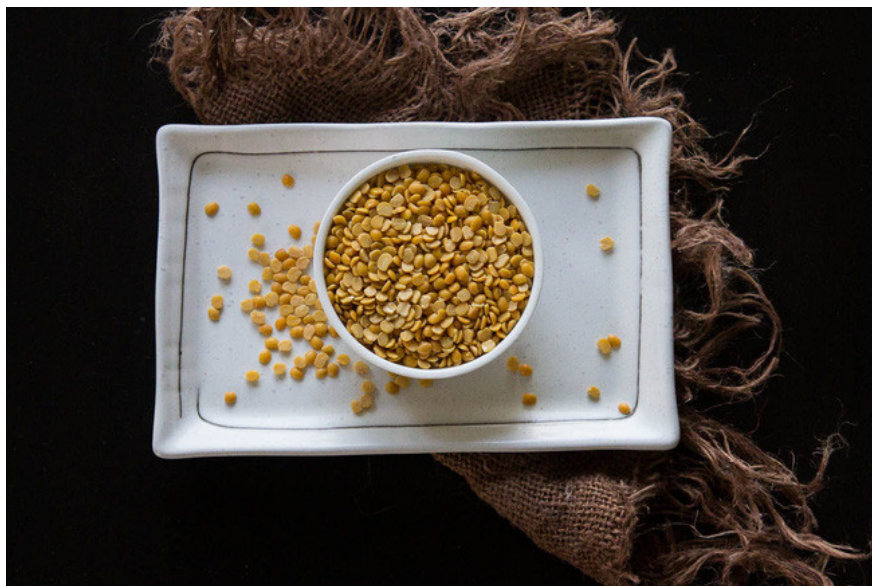
Soy is one of the most nutritious foods especially iron. A cup of soybeans about 200g can provide 8.8 mg of iron equivalent to nearly half of the essential minerals every day. Besides, soy is also a food that provides extremely rich protein for the body. However, in order to best absorb nutrients, we should choose organic soybeans, avoiding genetically altered health beans.

4. Black chocolate



Chocolate is an indispensable gift for couples to spend on Valentine's Day. For those who want to improve their mood, reduce anxiety and depression, chocolate can be used to improve morale. Besides, it also brings an extremely healthy source of nutrition. With 28g of black chocolate contains from 2 to 3 mg of iron, more iron in the same amount of beef.

5. Lentils



Like soybeans, lentils are also a rich source of iron for the body. With 200g lentils contain 37% iron, higher than a piece of beef with the same weight. Moreover, lentils also provide fiber, potassium and protein. Lentils can be eaten with salads or processed into bean soup which is very good for the body.

6. Rainbow cabbage



Only 200g of rainbow cabbage contains 4 mg of iron, more than a hamburger with the same weight. In addition, rainbows also contain other valuable nutrients such as omega-3 fatty acids, vitamins A, C, and K, and folate B. Therefore, rainbow greens are quickly included in the real list. Products should be added regularly.

7. Sesame seeds



Sesame seeds are a type of sesame, black or white. This is a food with lots of nutrients as well as good for the health of the body.

In 1 tablespoon sesame seeds contain 1.3 mg of iron, vitamins and minerals, this is an easy food combination in menus and daily dishes such as salads, sauces, fried meat . To provide more iron for healthier body.

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