

The list of foods that contain the most iron is easy to find

These are iron-rich foods that are both delicious and easy to make, but you should add them to your daily menu.

To prevent the risk of anemia, we should add **iron-rich foods** to our diet. So what are these foods? Check out the following list of TipsMake.com!

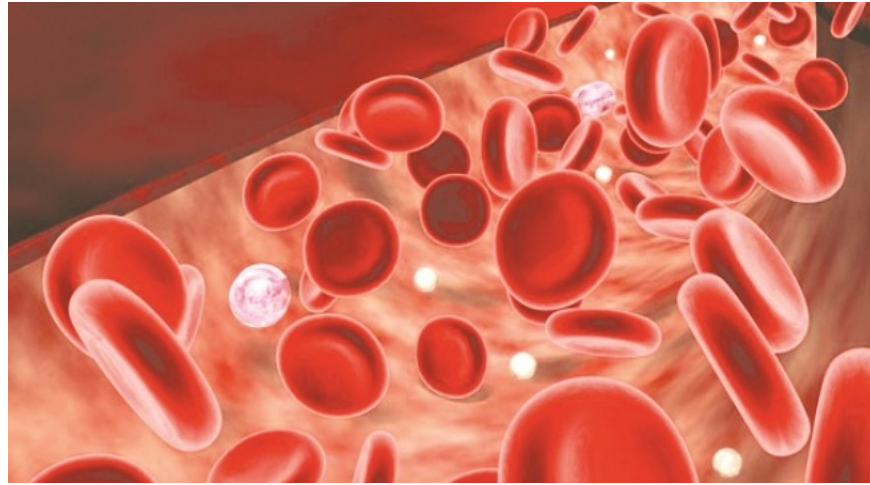
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What effect does iron have on health?

Iron is one of the indispensable trace elements for anyone. In the body, iron is involved in the production of hemoglobin, myoglobin and cytochrom C - a type of respiratory enzyme. Iron deficiency, your body will face many problems such as:

1. Dizziness
2. Causing cerebral anemia, thereby reducing the effectiveness of the operation, causing the body to be tired, poorly focused, poor memory, forget quickly, or fall asleep
3. The risk of heart and muscle diseases
4. Blue skin, pale mucosa, especially eye and lip mucosa
5. Children with iron deficiency often have anorexia, growth retardation, stunting, constipation, .
6. Iron deficiency also makes the body more susceptible to lead poisoning, .



Iron deficiency is dangerous to health

Foods that are high in iron are most readily available

There are many types of foods that supplement iron for the body, which is the most typical, easy to find.

1. Animal liver

Animal liver, especially pig liver, chicken liver, beef liver, contain relatively high iron content. Specifically, in 100g of pig liver, 12mg of iron, 100g of chicken liver with 10mg of iron and 100g of beef liver contain 6.5mg of iron. Liver is rich in iron but should not eat much. Each week, you should only eat about 1 - 2 meals and make sure the processing is clean and cooked before eating.



2. Cashew nuts

Nuts are also a good source of iron supplements, especially cashews (100g of cashew nuts contain more than 6mg of iron). From cashew nuts, you can prepare many different dishes such as cashew nuts, fried chicken with cashew nuts, fried shrimp with cashew nuts, cashew nuts, . just delicious and strange, adding iron to the whole family.



3. Spinach

Among green vegetables, spinach is considered to have the highest iron content (4mg of iron / 100g of spinach). In the West, people love spinach and are often used to make curries, soups or salads.



4. Beef

Beef is one of the iron-rich foods recommended by a dietitian. 100g of beef contains about 3.1mg of iron and many other vitamins & minerals.



5. Cereals

In the list of the most easy-to-find iron-rich foods it is certainly impossible to ignore whole grains such as barley, oatmeal. 100g whole grains can give you 2.5mg of iron, fiber and lots of other nutrients.



6. Fish

Fish such as mackerel and salmon are not only rich in omega 3 but also have relatively high levels of iron. Eating 100g of fish per day will help you add about 1.7mg of iron. Especially fish is white meat so it will not affect health when eating as much as red meat.



7. Chicken breast meat

We Vietnamese often like to eat chicken drumsticks without knowing that chicken breasts are actually the most nutritious. In addition to protein, chicken breast contains iron and many other minerals (0.7mg iron / 100g chicken breast).



In addition to the above foods, you can also use supplements to supplement your body with iron. However, when taking iron, you need to pay attention to the dosage and usage to get the best effect. Some typical products that you can refer to: Oral tablets for pregnant women, breast-feeding Doppelherz Aktiv Vital Pregna (30 tablets), Pediakid Fer + VitaminS B - Supplementing iron and vitamins group B.

Hopefully our article has helped you know which **iron is in the food** . Visit META.vn for advice and order the best iron medicines.

>>> **More references:**

1. [What to eat to supplement blood for pregnant mothers during pregnancy](#)
2. [What should people eat when they are short of blood, should they eat nothing?](#)

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