

Anemia:

Your help comes for the Lord who created the heavens and earth!

Symptoms of anemia: (low Iron)

- Fatigue.
- Weakness.
- Pale or yellowish skin.
- Irregular heartbeats.
- Shortness of breath.
- Dizziness or lightheadedness.
- Chest pain.
- Cold hands and feet.

Symptoms of anemia: (Low B 12)

- a pale yellow tinge to your skin
- a sore and red tongue (glossitis)
- [mouth ulcers](#)
- [pins and needles \(paraesthesia\)](#)
- changes in the way that you walk and move around
- disturbed vision
- irritability
- [depression](#)
- changes in the way you think, feel and behave
- a decline in your mental abilities, such as memory, understanding and judgment
[\(dementia\)](#)

Symptoms of vitamin B6 deficiency:

can cause **inflammation of the skin (dermatitis) and a red, greasy, scaly rash.**

The hands and feet may feel numb and prickling—like pins and needles.

The tongue may become sore and red, and cracks may form in the corners of the mouth. People may become confused, irritable, and depressed.

- Foods high in Vitamin B 6

- Beef liver.
 - Tuna.
 - Salmon.
 - Fortified cereals.
 - Chickpeas.
 - Poultry.
 - Some vegetables and fruits, especially dark leafy greens, bananas, papayas, oranges, and cantaloupe
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- Foods high in Vitamin B 12, but Vitamin C blocks absorption of B12
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- Beef, liver, and chicken.
 - Fish and shellfish such as trout, salmon, tuna fish, and clams.
 - Fortified breakfast cereal.
 - Low-fat milk, greek-yogurt, and Swiss-cheese .
 - Eggs.

Foods high in Iron,

-Red meat-Beef

Chicken-(chicken Breast)

Fish

-Turkey (dark meat of the turkey)

-Beans & Legumes

Pumpkins Seeds

Spinach (has lots of vitamin C in it)

Kale

Broccoli

Apricots

Raisins

Cashews

Oatmeal (consume with Vitamin C)

Cereal

Quinoa (consume with Vitamin C)

Dark Chocolate

Foods that block Iron absorption:

[Phytate](#), or phytic acid, is found in foods like whole grains, cereals, soy, nuts and legumes. Even a small amount of phytate can significantly decrease iron absorption.

Turmeric, (Mustards have Turmeric in it and some pickles) search

Calcium:

Some evidence shows that it hinders iron absorption, regardless of whether the source is a dairy product or [calcium supplement](#).

Garlic will block Calcium being absorbed into the body.

Tea, coffee, and Wine:

Polyphenols are found in various amounts in plant foods and beverages, including vegetables, fruits, some cereals and legumes, tea, coffee and wine.

Coffee and tea, both of which are widely consumed around meals, have a high content of polyphenols, and they have been shown to inhibit the absorption of non-heme iron.

Tips to Get Enough Iron

The tips below can help you maximize your dietary iron intake:

- Eat lean red meat: This is the best source of easily absorbed heme iron. Eating it several times per week can help if you are deficient.
- Eat chicken and fish: These are also good sources of heme iron. Eat a variety of them.
- Consume vitamin C-rich foods: Eat vitamin C-rich foods during meals to increase the absorption of non-heme iron. For example, some [lemon juice](#) drizzled over leafy greens will increase the amount you absorb.
- Avoid coffee, tea or milk near meals: Avoid these during meals that contain iron-rich foods. Have your coffee or tea between meals instead.
- Choose foods rich in non-heme iron: If you don't eat meat and fish, include plenty of iron-rich plant foods in your diet.

SUMMARY:

To maximize your iron intake, try to include meat, fish, poultry, beans and lentils in your diet, as well as vitamin C-rich foods during your meals. Also, spread out your tea, coffee and dairy intakes between meals.

The Bottom Line

Iron is a vital mineral that's essential for the function of your body. Two types of it are found in food — heme and non-heme.

Meat, fish and poultry contain the heme form, which is easily absorbed by your body.

Non-heme iron is mainly found in plant foods, but this form is harder for your body to absorb. You can improve your body's absorption by eating foods containing vitamin C, vitamin A, meat, fish and poultry during your meals.

On the other hand, foods containing phytates (cereals and grains), calcium (milk and dairy) and polyphenols (tea and coffee) can hinder iron absorption.

By carefully selecting the foods you eat and knowing how certain foods can enhance or inhibit absorption, you can make sure you're getting the iron you need.

Research what you are eating and how vitamins it has in their and how those vitamins affect each other!