

Food Sources of Vitamins and Minerals



Iron

You need iron in your diet to maintain your blood, control digestion and help your body to deal with stress.

Iron aids in hemoglobin production and maintains blood's ability to carry nutrients. Iron-containing enzymes are required for energy production and to carry oxygen throughout the body. Enzymes are also part of the cellular antioxidant system protecting cells and the body from excess free radicals (which are highly reactive and can damage DNA, proteins, lipids and other cellular components of the body). In this critical role in the enzyme system and production of DNA, iron is very important to the growth, reproduction, healing and immune functions of the body.

However, supplemental iron intake needs to be managed as too much iron in the diet can create conditions such as iron overload disorders. This has become more common as iron has been fortified in many packaged goods. Typically, women who are still cycling benefit from supplemental iron while men and post-menopausal women would be wise to monitor serum ferritin (blood iron) with their physician before supplementing. Excessive iron in the brain has been linked to Alzheimer's disease and Parkinson's disease.

Rich in the following foods...

Artichokes
Beets
Broccoli
Garbanzo, Kidney & Navy beans
Green beans
Lentils
Mushrooms
Organ meats (liver, heart, kidney)
Parsley
Pumpkin seeds
Seafood (clams, shrimp)
Sesame seeds
Spanish black radish
Spinach

Further Reading

[A Mineral Primer on Iron](#)

[Types of Dietary Iron](#)

[Protein, Carbs & Iron](#)

[Weston A. Price Foundation -
Traditional Diets](#)

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Wheat germ

Supports the following systems...

Blood

Integumentary (skin, hair, nails)

Metabolic (metabolism)

Musculoskeletal (muscles, bones)



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