

Foods to include with added iron:
cashews, walnuts
egg yolks
chickpeas
green leafy greens
lean meats - preferably game meats
lentils
black strap molasses
mussels
pumpkin and sunflower seeds
sardines
seaweed
wheat germ
beets + beet greens
chicken livers
watermelon
lamb, beef

Juices:	
Green & Grape	Muddy Puddles
4 kale leaves	2 oranges
2 handfuls spinach	1 handful spinach
2 sticks celery	1 handful watercress
1 grapefruit	2 brocolli florets (or stalks)
Beet Basic	Chlorophyll twist
2 beets	1/2 head romaine lettuce
1 apple	1 bunch parsley
1 orange	2 carrots
2 celery sticks	1 apple
1/2 inch giner root	1/2 inch ginger
add 1/2 bunch parsley	

foods that enhance iron absorption (vit c)
orange
canteloupe
strawberries
grapefruit

kiwi

foods that inhibit iron absorption
red wine, coffee and black tea
spinach, chard, beet greens, rhubarb and sweet potato (unless juiced or cooked to break down phytates)
whole grains (fiber) and bran
soy