

IRON

Good for Iron Absorption	Bad for Iron Absorption
Vitamin C	Any dairy products
Red meat	Legumes (anything bean-related)
Wide range in your diet (lots of colors!)	Tea
	Coffee
	Small range in diet (few colors) ☹️

Iron Rich Foods

Red meat
Chicken
Turkey
Sardines
Tuna fish
Seafood
Oatmeal
Whole wheat bread
Cereals
Potatoes
Brown rice
Whole grain pasta
Beans (legume)
Spinach

Broccoli
Leafy greens
Almonds
Dates
Figs
Raisins
Soybeans (legume)
Hummus
Green peas (legume)
Tofu
Sunflower seeds
Red, orange, and yellow spices
Mustard
Pizza!

I would suggest printing out this list and sticking it to your refrigerator as a reminder of iron foods that you can eat easily all the time. Lots of these can be little snacks throughout the day at school. You could easily substitute almonds or raisins for your usual cheezits as a mid-day snack.

Eating a well-balanced diet is key for iron absorption. Even though some foods may have iron in them, the iron won't be absorbed. Combinations of certain foods allow for that iron to be absorbed. For example, eating fruits along with another iron-rich food (red meat, cereals) can allow your body to absorb the maximum amount.

Runners that are anemic or lacking in iron have a harder time of transporting oxygen around the body (especially to lungs and muscles). An anemic runner can sometimes be running with 2x less oxygen than their competitors due to iron deficiencies. If you have low iron levels already, that means your body is completely out of iron everywhere. 2/3 of your iron supply is in the hemoglobin (in your blood) and the rest is stored in major organs (liver etc.) and your bone marrow. You are out of iron in your bone marrow and organs and all you have left is a little bit in your hemoglobin (blood)... so eat well, get your iron, and run fast!