Haemochromatosis • UK
Saving lives and preventing ill-health
+Fe

Quick advice for GH diet

EAT MORE! OK iron



- Wholemeal bread
- Brown rice
- Lentils
- Baked beans
- Nuts
- Chocolate
- Eggs
- Seeds
- Tofu

EAT LESS! Bad iron



- Fish
- Chicken
- Offal
- Black pudding
- Red meat
- Turkey

Slows iron loading



- Tea
- Coffee
- Milk
- Yoghurt
- Cheese
- Beans
- Spinach
- Strawberries
- Broccoli
- Lentils
- Cereals
- Apples
- Kale
- Rhubarb
- Berries
- Almonds
- Walnuts
- Wholemeal foods

Speeds iron loading



- Vitamin C supplements
- Alcohol

Good news! The iron you lose in regular donation is far, far more than the iron in your meals.