



NUTRITION AND HEMOCHROMATOSIS

Reduce consumption of red meat

Red meat contains mostly heme iron, which is easily absorbed. Try to limit red meat consumption to no more than a few times a month.

Include coffee and tea with your meals when possible

Coffee and tea contain tannins, which work to inhibit the absorption of iron. In addition, consuming eggs, fiber, or supplemental calcium can also help impair the absorption on iron.

Avoid taking iron supplements or multivitamins that contain added iron

Read nutrition labels carefully or check with your pharmacist or dietitian to see which vitamin supplement is best for you.

Avoid taking vitamin C supplements

Vitamin C increases iron absorption, so high doses, like those found in supplements, should be avoided. Vitamin C from natural sources like whole fruits and vegetables generally do not contain enough vitamin C to increase iron absorption if consumed in moderation.

Avoid raw shellfish

Shellfish, such as oysters and clams, contain a bacteria called *Vibrio vulnificus*. While most people are not at risk for *Vibrio* infection, it can be fatal for individuals with a compromised liver.

Do NOT avoid fruits, vegetables, nuts, grains, rice, or beans

These foods contain non-heme iron, which is more difficult to absorb than heme iron. Consuming fruits, vegetables, nuts, grains, rice, and beans is important to maintaining a healthy diet.

Avoid sugary foods or beverages

Sugar increases iron absorption.

Avoid cooking in cast iron pots and pans