**DR. SINGH’S SURGERY**

65 Clifford Road, Hounslow West, Middlesex. TW4 7LR

Tel: 0208 577 5304 Practice email: cliffordroadsurgery@nhs.net

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dr Raj K. Singh** **Dr. Rashmi K. Singh**

MBBS DGM(Lon) BSc(Hons) MBBS(Lon) DFFP DRCOG MRCGP

**Dietary advice for low Vitamin b12 and iron**

**Good sources of B12 include:**

* B12-fortified cereals or bread
* Yeast extract (such as Marmite)
* Green vegetables (such as broccoli, Brussel sprouts, peas)
* Meat, eggs
* Fish (mackerel, sardines, clams, oysters)
* Dairy products (cow’s milk, yogurt, cheese)
* Mushrooms

**Good sources of iron include:**

* Dark-green leafy vegetables (spinach, watercress, curly kale, broccoli)
* Iron-fortified cereals, bread and pasta
* Oatmeal, rye, quinoa, brown rice
* Tofu
* Lentils, pulses and beans (soybeans, kidney beans, chickpeas)
* Nuts (peanuts, pecans, walnuts, pistachios, almonds, cashew nuts)
* Seeds (pumpkin, sesame, squash seeds, sunflower)
* Meat (liver, beef, lamb), fish, eggs
* Dried fruit, such as dried apricots, prunes and raisins

To improve your absorption of iron, eat it along with a good source of Vitamin C, such as orange juice, broccoli or strawberries.

Avoid drinking tea and coffee with meals containing iron-rich foods as that will reduce your absorption of iron.