

Table 1 Dietary information given to Turkish pregnant women aimed at maximizing iron supplementation

Foods rich in iron	Foods to avoid
Spinach	Tea and coffee
Collard greens	Milk
Broccoli	Whole-grain cereals
Pumpkin seeds	Foods contain tannins, e.g. grapes, corn and sorghum
Pistachios	Foods that contain oxalic acid, e.g. peanuts, parsley and chocolate
Pine nuts	Foods rich in gluten, e.g. pasta and other products made with wheat, barley, rye or oats
Beef	
Lamb	
Sardines	
Tuna	
Salmon	
Halibut	
Perch	
Haddock	
Yogurt	
Cheese	
Chickpeas	
Soybeans	
Orange juice	
Rice	