Diet Information for Patients with Hemochromatosis

- 1. **Don't take iron pills**, nutritional supplements, or multivitamins with iron.
 - If you are taking a multivitamin, read the label to make sure it does not contain iron.
- 2. **Don't take pills with more than 500 mg of vitamin C** per day, vitamin C increases the amount of iron your body absorbs.
 - Eating foods that contain vitamin C is fine.
- 3. **Don't eat raw fish or raw shellfish.**
 - Cooking destroys germs that are harmful to people with iron overload, so it is okay to eat **well-cooked** fish and shellfish.
- 4. **Drink very little alcohol**, if you choose to drink.
 - Women should have less than one drink a day. Men should have less than two drinks a day.
 - If you have liver damage, do not drink alcohol.
- 5. **For more information** on iron and iron supplements, go to:
 - <u>http://www.cc.nih.gov/ccc/supplements/iron.html</u>
 - <u>http://www.irondisorders.org</u>

Hemochromatosis cannot be treated by diet alone.

Phlebotomy is important to the successful management of hemochromatosis.



