**Best foods to boost red blood cells**

*By Elizabeth Naamorkor Caulley*

Blog: My top tips for living with sickle cell

**Iron**

* Red meat, poultry, fish
* Spinach
* Beans
* Fortified cereals
* Prune juice **Vitamin B-12**
* Red meat, fish, poultry
* Milk and cheese
* Eggs
* Fortified breakfast cereals
* Fortified soy and nut milks
* Fortified nutritional yeast

**Folate or folic acid**

* Spinach
* Lentils
* Garbanzo beans
* Asparagus
* Enriched breads and cereals
* Avocados
* Oranges and orange juice
* Beef liver
* Black-eyed peas
* Brussels sprouts
* Broccoli
* Mustard **Vitamin C**
* Citrus fruits — oranges, grapefruit, lemons, and limes
* Kiwi fruit
* Strawberries
* Red and green bell peppers
* Cantaloupe
* Papayas
* Mangoes
* Pineapple
* Watermelon
* Kale
* Broccoli
* Cauliflower
* Brussels sprouts

**Copper**

* Cashews
* Sesame seeds
* Avocados
* Sunflower seeds
* Beef liver
* Lentils
* Spinach
* Beans and peas