

## 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:
  - <http://www.cc.nih.gov/ccs/supplements/iron.html>
  - <http://www.irondisorders.org>

**Hemochromatosis cannot be treated by diet alone.**

**Phlebotomy is important to the successful management of hemochromatosis.**



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