

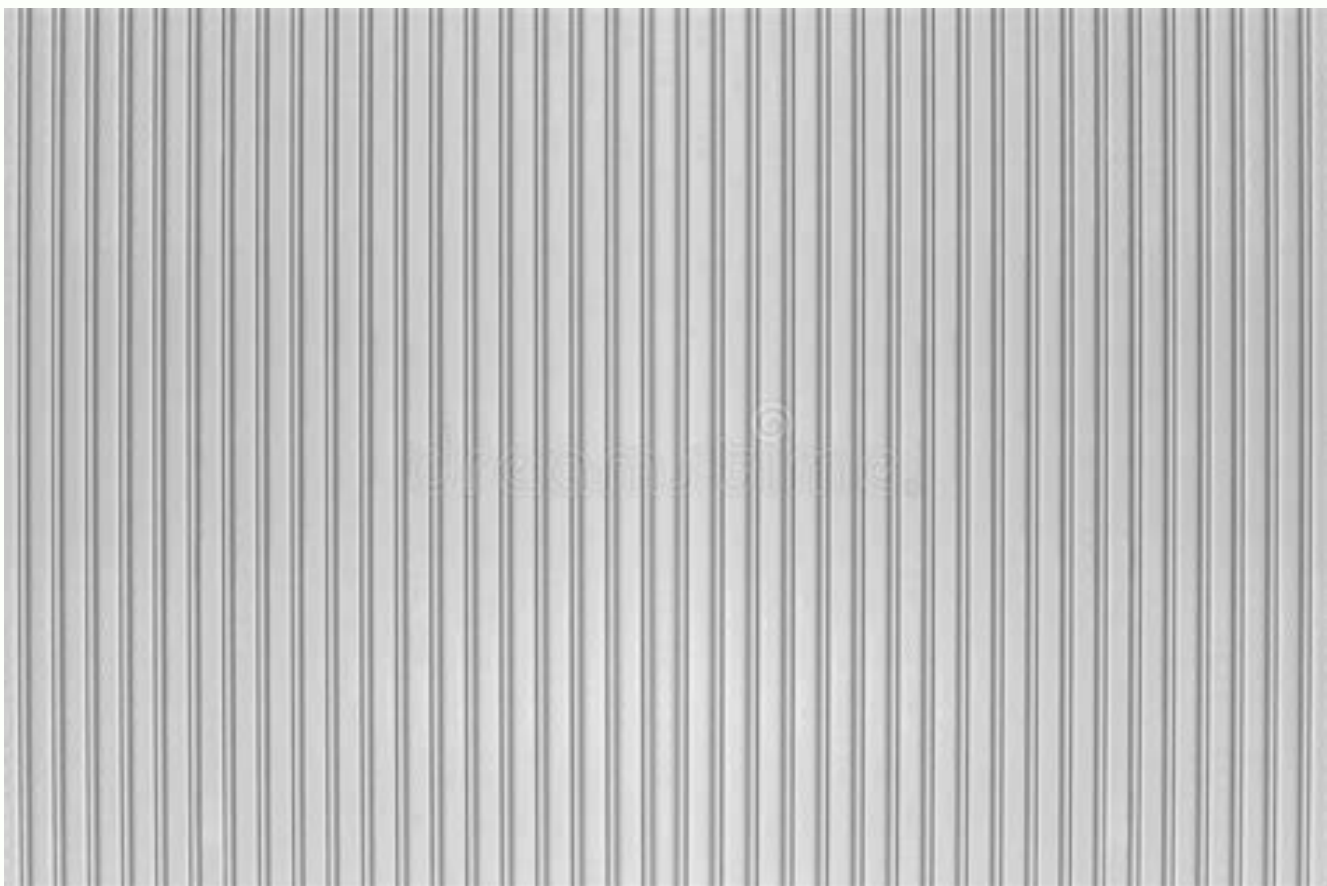
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Corrugated iron sheet



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Quinoa is known for its high protein content compared to other grains and is a good source of iron as well as folate and magnesium, states Healthline.CC BY 2.0/Philipp Alexander/Flickr TofuTofu is made from soybeans and is a great addition to stir-fries. It holds its value but doesn't break the bank, making it a great investment for your cookware collection.Where to Find Vintage Cast IronYou can find vintage cast iron cookware, stoves, bells and other items through a variety of sources. First, use steel wool to scrub the item until all the rust and dirt is gone. Then, wash the piece in warm soapy water and dry it with a dish towel. The biggest red flag you should look for when choosing a pan is cracks and small fractures. Use specific terms such as "antique kettle cast iron" to refine your results and do a better comparison.Although cast iron is incredibly durable and hard to break, items made from the material can still be damaged or break. However, sometimes these can be handy tools for doing comparison shopping. Here's a look at the top 10 foods high in iron.Lean Red MeatYou can get a hefty dose of heme iron, which is iron in animal foods that contain hemoglobin, by consuming red meat, states Cleveland Clinic. Vintage and antique cast iron pots, skillets, kettles and pans are sturdy, durable and look stylish in your kitchen. If you're looking for verification and authenticity, you can purchase pieces through a dealer. MORE FROM QUESTIONSANSWERED.NET CC0/felix_w/Pixabay Iron deficiency is a common nutritional problem, but it's easy to get the iron you need by making a few adjustments to your daily diet. A quality piece can have thin forms, but it should still have a lot of weight to it. Read labels and pick out iron-enriched cereals low in sugar, advises Food Network.CC0/stevepb/Pixabay ShellfishShellfish, especially clams and oysters, are high in iron, reports Healthline. For example, if you want to find a specific antique cast iron pots value, you can search auction sites and online dealers to see what kind of price range you can expect. Even though spinach contains non-heme iron that isn't absorbed as easily as heme iron, it's high in vitamin C, which helps the body absorb iron.CC0/Thilo Becker/Pixabay Fortified CerealEating cereal, such as fortified cream of wheat, is a good way to consume iron, reports Cleveland Clinic. Use vegetable oil to coat the entire piece and let it heat up in the oven for one hour. Shrimp, lobster and crab are also good choices for consuming heme iron.CC BY 2.0/Jameson Fink/Flickr BroCC0liNot only will you get iron from eating broCC0li, but this cruciferous vegetable is high in vitamin C, which is helpful for iron absorption. However, if you're looking for cookware pieces and aren't particularly concerned with collectible value, you can also keep your eyes out for store-brand or no-name pieces. Pumpkin seeds also contain magnesium. When you're done, the item should have a black color and a good non-stick surface. With a bit of time and effort, you can restore it to its former glory. Even hairline cracks can make a pot or pan unusable. Although a slight curve shouldn't cause any major problems, significant warpage can cause the item to rock while you're trying to cook.Identifying Quality Cast IronHigh-end cast iron is often thinner than lower quality items. Just one serving of broCC0li also contains six grams of fiber and is high in vitamin K and folate, states Healthline.CC BY 2.0/Steffen Zahn/Flickr Beef LiverBeef liver is high in iron and is a good source of protein, vitamin A and B vitamins. It's also high in choline, which helps to boost brain and liver health, states Healthline.CC0/FaceGuard/Pixabay BeansVegetarians and meat-eaters can load up on iron by eating beans, which include pintos, lentils and chickpeas. These can grow over time and cause the item to break, and they can also be traps for oil, dirt and grime. More modern pieces from the 20th century are often rougher, but the interior should still be on the smoother side, as too much pitting can make it hard to season the pan and can cause sticking when you cook.Vintage Cast Iron BrandsGriswold, Lodge and Wagner were some major names in cast iron manufacturing throughout the 19th and 20th centuries. Tofu is also a source of isoflavones, which may help with symptoms of menopause and can help lower the risk of heart disease, states Healthline.CC0/Devaneth/Pixabay MORE FROM QUESTIONSANSWERED.NET If you want to use the item on a flat surface such as a ceramic stovetop, check the bottom of the pot or pan to make sure it hasn't warped. Although cleaning cast iron with soap can strip the seasoning over time, washing it once with a bit of dish soap can help remove excess grime. You can also try auction websites and online classifieds, but it maybe be hard to verify pieces and judge their condition from a photo. Enjoy a cup of cooked beans in burritos or soup, and you'll get up to 28 percent of the recommended daily intake of iron, states the Food Network.CC BY 2.0/ Marco Verch/Flickr Pumpkin SeedsInclude pumpkin seeds in your baked goods for a healthy source of iron, advises the Food Network. Older pieces from the 19th century were often finished by hand, so they should have a smooth, polished surface. Increase your iron intake by eating red meat with other foods high in iron, such as beans, advises Food Network.CC BY 2.0/Marco Verch/Flickr Spinach is good for you, and it can lower your risk of iron-deficiency anemia, reports WebMD. This type of iron is similar to iron in plants, which is non-heme and not as easily absorbed as the heme iron in meat, states Cleveland Clinic. These may not hold the same value as brand-name items, but they're still high quality and are excellent tools for preparing meals.How to Clean Vintage Cast IronA bit of rust or grime might make a cast iron piece unsightly, but it doesn't mean that the piece is beyond salvaging. Second hand stores and flea markets are also good options, especially if you're looking for a good bargain and don't mind doing a bit of treasure hunting. A one-ounce serving of pumpkin seeds contains 23 percent of the recommended daily intake of iron, reports Healthline.CC0/siobhandolezal/Pixabay Whole GrainsOatmeal is a good breakfast option, and brown rice pairs well with beans and many vegetables.

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