



# Iron Rich Foods

**These foods have HEME iron – which is better absorbed by your body** ↓

Food	Portion Size	Iron content (mg)	Food	Portion Size	Iron content (mg)
Oysters, cooked	3 oz	10.2	Turkey, dark meat	3 oz	2.0
Beef, liver	3 oz	7.5	Ham	3 oz	1.9
Beef, round	3 oz	4.6	Chicken, dark meat	3 oz	1.3
Beef Jerky	3 oz	4.6	Tuna, light, canned in water	3 oz	1.3
Beef, flank	3 oz	4.3	Turkey, white meat	3 oz	1.2
Pork Chops	3 oz	3.5	Fish	3 oz	1
Sardines, canned in oil	3 oz	2.5	Salmon, canned	3 oz	1
Beef, rib cooked	3 oz	2.4	Shrimp, cooked	3 oz	0.9
Roast Beef	3 oz	2.3	Chicken, white meat	3 oz	0.9
Ground Beef	3 oz	2.2	Egg	1 large	1
Beef, top sirloin	3 oz	2.0	Chicken, leg	3 oz	0.7

**These foods have NON HEME iron – which is not absorbed as well** ↓

## Beans, legumes and nuts

Food	Portion Size	Iron content (mg)
Soybeans (edamame)	½ cup cooked	4.4
Tofu, firm	½ cup cooked	3.4
Lentils	½ cup cooked	3.3
Kidney Beans	½ cup cooked	2.6
Chickpeas	½ cup cooked	2.4
Lima beans	½ cup cooked	2
Hummus	½ cup	2
Almonds, raw	10-12	0.7

## Fruit & Vegetables

Food	Portion Size	Iron content (mg)
Spinach	½ cup cooked	3.2
Asparagus	6 spears	2.1
Potato	Medium	1.9
Prune juice	½ cup	1.5
Peas	½ cup cooked	1.0
Raisins	¼ cup	0.8
Broccoli, cooked	½ cup	0.6

## Fortified Breakfast Cereals

Type (1 cup portion)	Iron content (mg)
Grape Nuts	30.4
Trail Mix Crunch	30.4
Oatmeal Squares	24.6
Complete Bran Flakes	24.2
Honey Bunches of Oats w/ Vanilla Clusters	20.3
Total	19.8

\*Source – USDA National Nutrient Database

## Grains

Food	Portion Size	Iron content (mg)
Blackstrap molasses	2 Tbsp	7
Luna Bar	1	5.4
Tortilla - flour	10 inch	2.5
Pasta or rice, enriched	1 cup	2
Regular molasses	2 Tbsp	1.8
Bagel	1 whole	1.5
Bread	1 slice	0.7

## For the best absorption

- ✓ Consume heme (animal) sources of iron
- ✓ Consume with a meal
- ✓ Consume with a meal that incorporates protein
- ✓ Consume with vitamin C (oranges, orange juice, strawberries, grapefruit, etc.)

## Decreases absorption

- Large amounts of coffee or tea (tannins & polyphenols decrease absorption)
- Excess amounts of fiber and phytates (fruits, vegetables, bran, etc.)
- High intakes of calcium from supplements – take your calcium supplement at another time