



HIGH IRON FOODS

HEME (Animal)	SERVING SIZE	AMOUNT
Liver	3oz	5.3-9.9mg
Mussels	3oz	5.7mg
Oysters	5-8 (depending on size)	5.5mg
Sardines	3oz	2.5mg
Lamb	3oz	2.3mg
Beef	3oz	2.0-3.1mg
Clams (varies by type)	3oz	2.2-23.8mg
Pork	3oz	1.5mg
Tuna	3oz	1.3mg
Chicken, dark meat	3oz	1.3mg
Turkey	3oz	1.0mg
Chicken, white meat	3oz	0.9mg
Salmon (canned)	3oz	0.9mg

NON HEME (Plant)	SERVING SIZE	AMOUNT
Fortified Breakfast Cereal	1 serving	Up to 18mg
Cream of Wheat (fortified)	1 serving	9.4mg
Black Strap Molasses	2 Tbsp	7.0mg
Wheat flours	1 cup	4.5-6.0mg
White Beans	1/2 cup	4.0mg
Dried Apricots	1/2 cup	3.6mg
Tofu (firm)	1/2 cup	3.4mg
Lentils	1/2 cup	3.3mg
Potato (with skin)	1 large	3.2mg
Prune Juice	1 cup	3.0mg
Spinach (cooked)	1/2 cup	3.0mg
Quinoa	1 cup	2.8mg
Kidney Beans	1/2 cup	2.7mg
Tahini	2 Tbsp	2.6mg
Chickpeas	1/2 cup	2.4mg
Collards (cooked)	1 cup	2.2mg
Dark Chocolate (70-85%)	1oz	2.0mg
Soybeans	1/2 cup	2.0mg
Pinto Beans	1/2 cup	2.0mg
Tomato Paste	1/4 cup	2.0mg
Nuts (Cashews, Almond, Walnuts)	1/4 cup	1.2-1.9mg
Spinach (raw)	1 cup	1.7mg
Egg	1 whole	0.9mg
Cooking in Cast Iron Skillet		varies

** HEME iron is better absorbed (15-35%) compared to NON HEME iron (2-20%)**

** Vitamin C increases the absorption of iron. Pair high iron foods with high vitamin C foods such as strawberries, red bell peppers, tomatoes or citrus fruits to increase absorption**