



Iron Rich Food List

Foods	Amount	Iron Content
Almonds	$\frac{2}{3}$ cup	4.7mg
Apple Juice	1 cup	1.5mg
Apricots (Dried, Uncooked)	10 Large	2.3mg
Asparagus (Canned)	$\frac{1}{2}$ cup	1.9mg
Asparagus (Frozen)	6-7 spears	1.1mg
Green Beans	3 $\frac{1}{2}$ oz	1.1mg
Barley	$\frac{1}{2}$ cup	2.0mg
Kidney Beans	$\frac{1}{2}$ cup	1.8mg
Lima Beans (fresh)	$\frac{1}{2}$ cup	2.5mg
Lima Beans (frozen)	$\frac{2}{3}$ cup	1.7mg
Bean Sprouts Raw	1 cup	1.3mg
Beet Greens	$\frac{2}{3}$ cup	1.9mg
Bran Breakfast Cereal	1 oz	2.9mg
Raisin Bran	2 cups	4.0mg
Brazil Nuts	$\frac{2}{3}$ cups	2.4mg
Bread (white)	1 slice	2.4mg
Bread (whole wheat)	1 slice	2.3mg
Broccoli	$\frac{2}{3}$ cup	1.1mg
Brussel Sprouts	$\frac{2}{3}$ cup	1.1mg
Cashew Nuts	3 $\frac{1}{2}$ oz	3.8mg
Chard	$\frac{2}{3}$ cup	1.8mg
Chickpeas	$\frac{1}{2}$ cup	6.9mg
Chocolate (bittersweet)	3 $\frac{1}{2}$ oz	5.0mg
Corn Muffin	2 (2 $\frac{1}{2}$ inches)	1.8mg
Cowpeas	$\frac{2}{3}$ cup	2.1mg



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Currants	1 cup	1.0mg
Dandelion Greens	1cup	3.1mg
Dates (pitted)	1/2 cup	3.0mg
Farina Enriched	1/2 cup	5.0mg
Figs (dried)	5 figs	3.0mg
Filberts	100	3.4mg
Lentils	3 1/2 oz	2.1mg
Lettuce	4 Large and Leafy	2.0mg
Macaroni	2/3 cup	1.1mg
Mustard Greens	2/3 cup	1.8mg
Oat Cereal Enriched	1 cup	1.2mg
Peanuts	2/3 cup	2.1mg
Peas Green	2/3 cup	1.9 mg
Pecans	1 cup	2.4mg
Pistachio Nuts	3 1/2 oz	7.3mg
Prunes (dried, uncooked)	2/3 cup	3.9 mg
Prune Juice	1/2 cup	4.1mg
Raisins	2/3 cup	3.5mg
Soybeans	3 1/2 oz	2.8mg
Soybeans Fermented (NATTO or MISO)	3 1/2 oz	3.7mg
Soybean Flour	1 cup	9.0mg
Spinach Raw	3 1/2oz	3.1mg
Corn Syrup	1/3 cup	4.1mg
Walnuts	1 cup	3.1mg
Whole Wheat Flour	1 cup	3.3mg
Enriched Wheat Flour	1 cup	2.9mg



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What Germ	1 cup	9.4mg
Yeast Brewers	1 tbs	1.4mg
Kale	1 cup	1.6mg

Iron Rich Meat Sources

Meat	Amount	Iron Content
Ground Beef	3 1/2 oz (2 patties)	3.2mg
Steak	3 1/2 oz	2.9mg
Beef Heart	3 1/2 oz	5.9mg
Beef Kidney	3 1/2 oz	7.4mg
Lamb	3 1/2 oz	1.3 mg
Liver (cow)	3 1/2 oz	6.5 mg
Liver (calf)	3 1/2 oz	14.2 mg
Liver (lamb)	3 1/2 oz	17.9 mg
Oysters	5-8 Medium	5.5mg
Ham	3 1/2 oz	2.6 mg