

Sources of Iron

Excellent Source of Iron (3.5 mg or more per serving)

Food	Serving	Iron (mg)
Clams, canned	3 oz (90 g)	23.8
Tofu, firm	1/2 cup (125 mL)	13.2
Soybeans, boiled	1 cup (250 mL)	8.8
Liver, chicken, cooked	3.5 oz (100 g)	8.5
White beans, canned	1 cup (250 mL)	7.8
Liver, beef, cooked	3.5 oz (100 g)	6.8
Lentils, boiled	1 cup (250 mL)	6.6
Tofu, raw	1/2 cup (125 mL)	6.6
Oysters, canned	3 oz (90 g)	5.7
Fortified breakfast cereal	1/2 cup (125 mL)	4.5
Pumpkin & sesame seeds, roasted	1 oz (30 g)	4.2

Good Source of Iron (2.1 mg or more per serving)

Food	Serving	Iron (mg)
Chickpeas; red kidney beans, canned	1 cup (250 mL)	3.2
Beef – ground, extra lean, broiled	3.5 oz (100 g)	2.7
Split peas, boiled	1 cup (250 mL)	2.5
Enriched egg noodles, cooked	1 cup (250 mL)	2.5
Beef – ground, lean, broiled	3.5 oz (100 g)	2.4
Turkey, dark meat, without skin	3.5 oz (100 g)	2.3
Steak – rib eye, broiled	3.5 oz (100 g)	2.3
Lima beans, canned	1/2 cup (125 mL)	2.2

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Source of Iron (0.7 mg or more per serving)

Food	Serving	Iron (mg)
Shrimp, canned	3 oz (90 g)	2.3
Macaroni, enriched, cooked	1 cup (250 mL)	2.0
Pistachios, dried	1 oz (47 nuts)	1.9
Wheat germ	1/4 cup (60 g)	1.8
Cashews, roasted	1 oz (30 g)	1.7
Pumpkin, canned	1/2 cup (125 mL)	1.7
Canned beets, canned	1/2 cup (125 mL)	1.5
Ham, lean, roasted	3.5 oz	1.5
Sunflower seeds, dried	1 oz (30g)	1.4
Tuna, canned in water, light	3 oz (90 g)	1.3
Bran muffin, from mix	1 muffin	1.3
Chicken, dark meat, roasted, without skin	3.5 oz (90 g)	1.3
Oatmeal (regular, instant, quick), cooked	3/4 cup (175 mL)	1.2
Chicken, white meat, roasted, without skin	3 oz (90 g)	1.1
Perch, baked	3 oz (90 g)	1.0
Pumpernickel bread	1 slice	0.9
Whole wheat bread	1 slice	0.9
Halibut, baked	3 oz (90 g)	0.9
White bread	1 slice	0.8
Dried apricots	5 halves	0.8
Sardines, canned	2	0.7
Pink salmon, with bone, canned	3 oz (90 g)	0.7
Peaches, canned in juice	1 cup (250 mL)	0.7

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Age	Iron mg/d	
	M	F
1-3 years	7	7
4-8 years	10	10
9-13 years	8	8
14-18 years	11	15
19-30 years	8	18
31-50 years	8	18
51-70 years	8	8
> 70 years	8	8
Pregnancy (all ages)		27
Lactation <18 years		10
Lactation 19-50		9

Notes



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