

Iron Rich Foods

Minimum Daily Requirements:

Adolescent Males: (age 17 to 18) 12 mg.

Adult Males: (age 19 to 50+) 10 mg.

Adolescent Females: (age 17 to 18) 15 mg.

Adult Females: (age 19 to 50) 15 mg.

Females: (age 51+) 10mg.

Beef:

Chuck Stew 4 oz.	3.1 mg
Hamburger 4 oz.	3.5 mg
Liver 3.5 oz.	6.6 mg
Roast 9 oz.	4.6 mg

Chicken:

Fried ½ bird	1.8 mg
Breast –Fried	1.1 mg
Roasted 3.5 oz.	2.1 mg
Livers- 2 Large	7.4 mg

Turkey:

Roasted- 3 Slices	5.1 mg
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Seafood:

Tuna- In Oil 3.5 oz.	1.9 mg
Tuna- In Water 3.5 oz.	1.6 mg
Scallops 3.5 oz.	1.6 mg
Shrimp 1.2 lb	2.5 mg
Clams- (5-10)	3.4 mg
Oysters (5-8)	5.5 mg

Veal:

Cutlet 4 oz.	3.3 mg
Stew Meat 3.5 oz.	3.5 mg

Lamb:

Leg 4 oz.	1.3 mg
Loin Chop 4 oz.	1.2 mg

Pork:

Loin 4 oz.	2.3 mg
Spareribs 8 oz.	2.9 mg
Ham (baked) 2.5 oz.	2.1 mg
Ham (canned) 4 oz.	3.0 mg

Luncheon Meats:

Liverwurst- 1 slice	1.6 mg
Salami- 1 slice	1.0 mg

Eggs:

1 Large Whole	1.2 mg
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Nuts:

Almonds- ¼ cup	1.7 mg
Cashews - ¼ cup	1.3 mg
Walnuts - ¼ cup	1.9 mg

Vegetables:

Artichoke- 1 Whole	1.4 mg
Artichoke- 1 Jerusalem (Whole)	3.4 mg
Asparagus- 6 stalks	1.3 mg
Brussels Sprouts (6-7)	1.1 mg
Chard- ½ cooked	1.3 mg

Chestnuts- 10	1.2 mg
Dandelion Greens (1/2 cup)	1.8 mg
Endive- (1 cup)	1.0 mg
Lentils (1/2 cup cooked)	2.1 mg
Mustard Greens (1/2 cup)	1.8 mg

Black-eyed Peas (1/2 cup)	1.7 mg
Green Peas (1/2 cup)	1.4 mg
Potato (1 medium, baked)	1.1 mg
Spinach- Raw (1 cup)	1.7 mg
Spinach- Cooked (1/2 cup)	2.0 mg
Sweet Potato (1 medium, baked)	1.0 mg

Beans:

Dry Lima (1/2 cup)	2.9 mg
Fresh Lima (1/2 cup)	2.1 mg
Kidney (1/2 cup)	2.2 mg
Navy Pea (1/2 cup)	2.5 mg
Sprouted Mung (1/2 cup)	1.4 mg

Fruits:

Apple Juice- 1 cup	1.5 mg
Apricots (dried) ½ cup	3.6 mg
Apricots (cooked) ½ cup	2.3 mg
Avocado- ½	1.3 mg
Banana (mashed) 1 cup	1.6 mg
Cantaloupe (1/2 medium)	1.6 mg
Orange Juice- 1 cup	1.0 mg
Prunes (canned) ½ cup	1.1 mg
Prunes (dried) 10	3.3 mg
Prune Juice- 1 cup	1.5 mg
Raisons- ½ cup	2.9 mg
Strawberries (frozen) ½ cup	1.0 mg
Tomatoes (fresh) 3	0.9 mg
Tomato Juice (1 cup)	2.2 mg
Watermelon- 8x4 wedge	2.1 mg

Breads and Grains:

Bagel	1.2 mg
Branflakes (40%) 1 cup	12.3 mg
Branflakes with Raisons- 1 cup	17.7 mg
Breadcrumbs- 1 cup	3.6 mg
Gingerbread- 1 slice	1.0 mg
Macaroni (cooked) – 1 cup	1.4 mg
Egg Noodles (cooked) – 1 cup	1.4 mg
Oatmeal (cooked)- 1 cup	1.7 mg
Buns (hotdog/hamburger)	1.3 mg
Cream of Wheat- 1 serving	2.5 mg



Iron Busters:

Tea and coffee (even decaffeinated) contains substances that may interfere with iron absorption when consumed with a meal. Try to drink these beverages between meals.

Excess consumption of high-fiber foods or bran supplements reduces the absorption of iron.

Some medications block the absorption of iron. These include antacids or phosphate salts like calcium phosphate. Ask your doctor or dietician if other medications you are taking might interfere with iron absorption.

Iron Boosters:

To get the best value for the iron in your diet, here are some tips to help you out.

Meat, fish, and poultry contain heme iron. (Heme comes from the word hemoglobin, the oxygen-carrying molecule.) This form of iron is much better absorbed than the non-heme iron found primarily in fruits, vegetables, dried beans, nuts, and grain products.

When you eat plant foods along with meat, fish, or poultry, the non-heme iron in the plant foods is better absorbed. For example, the iron in a spinach salad will be much better absorbed if you eat meat, fish, or poultry at the same meal. People who do not eat meat, fish, or poultry will find it more difficult to meet their iron needs.

Eat foods high in vitamin C to help absorb the non-heme iron in plant food. For example, drinking orange juice with a meal of iron-fortified breakfast cereal helps you body absorb the iron in the cereal. Examples of other high vitamin C foods are broccoli, tomatoes, kiwi, strawberries, pepper, potatoes, and cabbage.

Sources of Heme Iron

(best absorbed form of iron)

Beef Liver 3 oz.	5.0 mg
Sirloin, Tenderloin, or chuck pot roast 3 oz.	3.0 mg
Ground Beef, extra lean 3 oz.	2.0 mg
Tuna (light) 3 oz.	1.3 mg
Chicken or Turkey 3 oz.	1.0 mg
Flounder, sole, salmon, halibut 3 oz.	less than 1.0 mg

Combination foods, including Heme and non-Heme Iron (the meat, fish, or poultry that are present in these examples of combination foods will significantly increase the absorption of iron from all the foods that you eat with them)

Baked beans w/pork and tomato sauce (canned) 1 cup	8.0 mg
Hamburger, (fast food type) 4 oz. patty	6.0 mg
Chop Suey, beef and pork- 1 cup	4.8 mg
Chili (beef and bean)- 1 cup	4.3 mg
Tuna Salad Sandwich	2.8 mg
Lasagna with Meat- 1 serving	2.7 mg
Lentil and Ham Soup- 1 cup	2.7 mg
Beef and Bean Tostada	2.5 mg

Sources of Non-Heme Iron

(poorly absorbed form of iron)

Lentils- 1 cup	6.5 mg
Cream of Wheat or Malt-o-Meal 1 serving	5.0 mg
Instant Breakfast- 1 serving	4.5 mg
Kidney Beans (canned) 1 cup	3.2 mg
Baked Potato with skin	3.0 mg
Split Pea or Black Bean soup- 1 cup	2.5 mg
Refried Beans- ½ cup	2.0 mg
Pasta (enriched) 1 cup	1.4 mg
Rice (white) ½ cup	1.0 mg
Bread (enriched) 1 slice	1.0 mg or less
Iron Fortified Cereals, per serving	2-18 mg
(If the label shows 10% Daily Value for iron, this means that one serving contains 10 % of the recommended level of 18 mg of iron in one serving.)	