

IRON-RICH FOODS

Foods Containing Heme Iron

	Serving Size	Iron mg
Liver, chicken, cooked	90g (3 oz)	7.5
Liver, beef, cooked	90g (3 oz)	5.5
Beef, roasted	90g (3 oz)	2.5
Beef, roasted	90g (3 oz)	2.5
Turkey, roasted, dark meat	90g (3 oz)	2
Lamb, roasted	90g (3 oz)	1.5
Pork, roasted	90g (3 oz)	1
Salmon, baked	90g (3 oz)	1

Foods Containing Nonheme Iron

	Serving size	Iron mg
Bean curd, tofu	90g (3 oz)	5
Beans, baked or canned, with pork in tomato sauce	125 mL (1/2 cup)	4.5
Bran flakes, with raisins	125 mL (1/2 cup)	4
Spinach	125 mL (1/2 cup)	3.5
Molasses, backstrap	15 mL (1 Tbsp)	3.5
Kidney beans, cooked or canned	125 mL (1/2 cup)	3
Oatmeal	50 mL (1/4 cup)	2
Prune juice	125 mL (1/2 cup)	1.5
Apricots, dried	10 halves	1.5
Beet greens, cooked	125 mL (1/2 cup)	1.5
Peas, green	125 mL (1/2 cup)	1.5
Egg, large	1	1
Oatmeal, cooked	125 mL (1/2 cup)	1
Spaghetti, enriched	125 mL (1/2 cup)	1
Whole wheat bread	1 slice	1
Raisins	50 mL (1/4 cup)	1
Dates, dried	125 mL (1/2 cup)	1
Broccoli, cooked	125 mL (1/2 cup)	1
Wheat germ	15 mL (1 Tbsp)	0.5

Iron Inhibitors

Foods rich in phytic acid such as IP6 or bran fiber, calcium supplements, eggs, tannins (in tea & coffee), chocolates, red wines, skins of purple fruits, vegetables or purple rices, apples, walnuts, herbs such as oregano that contain oxalates, antacids and dairy products are included on the list of known substances that can inhibit the absorption of dietary iron. IP6 is also in plant foods.