

IRON RICH FOODS

Non-vegetarian sources:

	Serving Size	Iron (mg)
Clams, cooked	3 oz	23.8
Baked Beans	1 cup	5.0
Beef liver	3 oz	5.3
Ground beef, lean	3 oz	1.8
Chicken breast, skinless	1/2 breast	0.9
Egg	1	0.7
Oysters	1 oz	3.8
Sirloin steak	3 oz	2.9
Shrimp, cooked	3 oz	2.6
Soup, lentil and ham	1 cup	2.6
Turkey breast	3 oz	0.9

Vegetarian Sources:

	Serving Size	Iron (mg)
Apricots, Prunes	10	1.7
Black beans, boiled	1/2 cup	1.8
Bread, whole wheat	1 slice	0.9
Broccoli, fresh cooked	1/2 cup	0.7
Chickpeas, canned	1/2 cup	1.6
Molasses, blackstrap	1 tablespoon	5.0
Raisin bran	3/4 cup	4.5
Spinach	1/2 cup (fresh=1 cup)	1.5
Tofu	1/2 cup firm	13.2

Note: Vitamin C enhances iron absorption from plant sources. Black tea with meals can act as an iron blocker. Other iron blockers include carbonates, oxalates, and phosphates. Foods that contain these iron blockers include, cranberries, rhubarb, spinach, and soda.