

## VEGETARIAN AND ANIMAL

# Iron-Rich Foods

AIM FOR AT LEAST ONE FROM THIS LIST AT MOST MEALS!

### ANIMAL SOURCES

- Liver(various animals)-  
3oz- 5.2-9.9mg
- Beef-3oz, various types-  
2.0-3.1mg
- Lamb-3oz-2mg
- Pork-3oz various cuts-  
1.5mg
- Tuna-3oz-1.3mg
- Chicken and Turkey-3oz-  
1.0mg
- Salmon-3oz canned-.9mg
- Egg-1-.9mg

### VEGETARIAN SOURCES

- White Beans-1/2 cup  
canned-4.0mg
- Tofu-1/2 cup firm- 3.4mg
- Lentils- 1/2 cup cooked-  
3.3mg
- Kidney Beans-1/2cup  
cooked- 2.7mg
- Chickpeas-1/2 cup  
cooked-2.4mg
- Soybeans-1/2 cup cooked-  
2.0mg
- Refried Beans-1/2 cup  
vegetarian style-2.0mg
- Peas-1/2 cup boiled-1.0mg
- Wheat flour-1 cup-4.3 mg
- Millet-1 cup-1.1mg
- Oats-rolled, 1/2 cup-1.0mg
- Brown Rice-1 cup cooked-  
1.0mg
- Blackstrap Molasses- 1  
tbsp-3.5mg
- Dark Chocolate-1oz of 70-  
85% cacao solids- 3.4mg
- Dried Prunes-1/2 cup-2.3mg
- Prune Juice-6oz- 2.0mg
- Dried Apricots-1/2 cup-  
1.8mg
- Raisins-1/4cup-1.0mg
- Peanuts-1/2 cup roasted-  
1.7mg
- Almonds-1/4 cup raw-  
1.3mg
- Potato-baked, large with  
skin- 3.2mg
- Spinach-boiled, 1/2 cup-  
3.2mg
- Collards-1 cup boiled-2.2mg
- Tomato Puree- 1/2 cup-2mg
- Tomato Paste- 1/4 cup-  
2mg
- Kale-1 cup boiled-1.2mg
- Asparagus-1/2 cup  
boiled-.82mg
- Broccoli-1/2 cup cooked-  
.64mg

