

Sources of Iron

Excellent Sources (3.5 mg or more)	Good Sources (2.1 to 3.4 mg)	Sources (0.7 to 2.0 mg)
Heme Iron – animal source		
<ul style="list-style-type: none"> • Beef liver (3 oz) • Clams, 4 large or 9 small 	<ul style="list-style-type: none"> • Beef, lean (3 oz) • Oysters, 3 	<ul style="list-style-type: none"> • Corned beef (2 oz) • Canned sardines (2) • Egg yolk (1) • Chicken and turkey (3 oz) • Ham, lamb and pork (3 oz) • Tuna and salmon (3 oz) • Perch, halibut, bass (3 oz) • Clam chowder, canned (1/2 cup)
Non-Heme Iron – plant source		
<ul style="list-style-type: none"> • Tofu, regular or firm (1/4 cup) • Soybeans, white beans, lentils, cooked (1/2 cup) • Blackstrap molasses (1 tbsp) • Fortified whole grain cold cereals such as Corn Bran™, Raisin Bran™, Shreddies™ (1 cup) • Fortified hot cereals such as Cream of Wheat™ (instant), Quaker Oatmeal™ (instant) (1 pouch) • Pumpkin, squash seeds, dry (1/4 cup) 	<ul style="list-style-type: none"> • Spinach, cooked (1/2 cup) • Potato with skin (1 medium) • Egg noodles, cooked (1 cup) • Pasta, enriched, cooked (1 cup) • Kidney, chick peas and navy beans, cooked (3/4 cup) • Lima beans, cooked (1/2 cup) • Split peas, cooked (1 cup) • Sesame seeds or paste (tahini) (2 tbsp) • Fortified cold cereals such as Cheerios™, Rice Krispies™, Special K™ (1 cup) • Fortified hot cereals such as Cream of Wheat™ (1 cup) • Cereal bars such as Vector Bar™ (1) • Sunflower seeds (1/4 cup) • Tempeh (1/4 cup) • Quinoa, cooked (1/2 cup) • Baked beans, canned (3/4 cup) 	<ul style="list-style-type: none"> • Broccoli (1 cup) • Green peas, kale, bok choy (1/2 cup) • Tomato sauce (1/2 cup) • Almonds, cashews, hazelnuts, peanuts soy nuts (3 tbsp) • Prune juice (1/2 cup) • Brown rice, cooked (1 cup) • Bread, whole grain (1 slice) • Dried figs (3) • Dried apricots (5) • Dried dates (10) • Raisins (1/4 cup) • Wheat germ (1/4 cup) • Hot cereals such as oatmeal (regular), Red River™ (1 cup) • Soy milk (1 cup) • Soy based meat analogs such as veggie burgers, hot dogs and deli slices