

IRON RICH FOOD LIST

FOODS		
Meats (Animal Sources)	Quantity	Iron Content
Beef/Pork/Veal/Ham/Lamb	3 ounces	3.0 mg
Chicken/Turkey roasted	3 ounces	1.5 mg
Dark turkey meat	3.5 ounces	2.3 mg
Fish – haddock or salmon	4 ounces	1.0 mg
Oysters, raw	6 med	6.0 mg
Sardines	7 fish	2.6 mg
Shrimp	12 large	2.0 mg
Tuna (light)	3 ounces	1.0 mg
Liver – chicken/beef	4 ounces	9.0 mg
Pork Liver	3 ounces	26.0 mg
Liverwurst	2 ounces	3.2 mg
Steak – rib eye/ broiled	3.5 ounces	2.3 mg
Clams	3 ounces	23.8 mg
Juices/Vegetables/Fruit	Quantity	Iron Content
Prune Juice	4 ounces	5.5 mg
Tomato Juice	4 ounces	1.2 mg
Beets	1 cup	1.8 mg
Broccoli	4 oz–1 stalk	1.4 mg
Brussel Sprouts	4 ounces	2.0
Chick Peas	4 ounces	2.2 mg
Green Leafy Vegetables	4 ounces	2.0 mg
Potatoes, Baked with skin	1 medium	4.0 mg
Spinach, cooked	4 ounces	2.1 mg
Apricots, dried	3 pieces	1.4 mg
Dates/Prunes	4 ounces	2.4-2.8 mg
Blueberries	4 ounces	0.7 mg
Raisins	2 ounces	1.0 mg
Strawberries, Fresh	4 ounces	0.8 mg
Watermelon	6"x2" slice	3.0 mg

FOODS		
Alternative Sources	Quantity	Iron Content
Baked Beans -Tomato Sauce	1 cup	4.9 mg
Chili with Beans	1 cup	4.5 mg
Beans – Kidney/Lima/Navy	4 oz. cooked	2.4 mg
Eggs	1 large	1.1 mg
Lentils – cooked	4 ounces	2.0 mg
Nuts – Almonds	4 ounces	2.0 mg
Seeds – pumpkin/sesame/ sunflower/squash	4 ounces	3.2 – 4.2 mg
Cashews/Pistachios (dried)	1 ounce	1.7 - 1.9 mg
Other	Quantity	Iron Content
Brewer's Yeast	1 ounce	5.0 mg
Molasses, Black Strap	1 Tablespoon	3.2 mg
Wheat Germ	1 Tablespoon	2.4 mg
Breads/Cereals/Grains	Quantity	Iron Content
Cream of Wheat	1 cup (1 oz)	9.0 mg (0.9)
Oatmeal, cooked	1 cup	8.6 mg
Instant	1 package	5.0 mg
Granola	4 ounces	1.8 mg
Enriched dry Cereal	6 – 8 ounces	Read label
Bran muffin/date square	1	1.3 mg
English Muffin	1 plain	1.4 mg
Naan Bread	½ of one	2.3 mg
Pita Bread, whole wheat	½- 6" size	1.9 mg
Whole Grain/wheat bread	2 slices	1.2 – 2.0 mg
Rice – cooked	8 ounces	1.4 - 2.2 mg
Brown Rice	8 ounces	0.9 mg
Pasta, enriched – cooked	8 ounces	2.0 mg
Miso	8 ounces	7.5 mg
Tofu, firm	4 ounces	13.2 mg

Please Note: Animal sources (Meat) of iron are absorbed the easiest by the body.

1. If taking an Iron supplement, take with Orange Juice, this will facilitate the absorption process of iron better.
2. **Iron Absorption Enhancers:** Foods such as beef/lamb/pork/veal /turkey/chicken/seafood are called enhancers when taken with Vitamin C rich foods such as citrus fruits and juices; fruits such as strawberries, melons, tomatoes and vegetables such as peppers, turnips, potatoes, broccoli, cauliflower – this may improve iron absorption up to four times more efficiently
3. **Iron Absorption Inhibitors:** Foods such as Tea (especially black tea) coffee, cocoa may decrease the absorption of iron if taken with meals – They should be taken between meals or a least 1 hour after meals.
4. Calcium rich foods (milk/yogurt/cheese) may inhibit the absorption of iron as well – eat between meals / as snacks during the day
5. Daily requirements: ADULTS - Men - 10 mg/day; Women - 18 mg/day

Resources:

- a) Capital Health – Nova Scotia - Understanding Anemia - May 2007
- b) Patient Blood Management Program – Humber River Regional Hospital – 2009
- c) Iron Pamphlet – What Is It and Why Is It Important? (WRH – Revised 2014)
- d) Dieticians of Canada
- e) Health Canada - Eating Well with Canada's Food Guide - 2011