

Iron-Rich Foods

YOU NEED ABOUT 20 MG OF IRON PER DAY...

(note: heme iron sources are in **bold**.)

Food	Portion Size	Amount of Iron
Beef Liver	deck of cards	5.8 mg
Turkey	deck of cards	1.6 mg
Lean Ground Beef (hamburger)	deck of cards	2.5 mg
Sirloin Steak	deck of cards	1.6 mg
Egg	2 eggs	1.2 mg
Pumpkin Seeds	1/4 cup	8.6 mg
Tofu	3/4 cup	8 mg
White Beans	3/4 cup	5.8 mg
Red Kidney Beans	3/4 cup	3.9 mg
Soybeans	3/4 cup	3.4 mg
Total (cereal)	1 cup	18 mg
Raisin Bran (cereal)	1 cup	10.8 mg
Cheerios (cereal)	1 cup	8.9 mg
Special K (cereal)	1 cup	8.7 mg
All-Bran (cereal)	1 cup	5.5 mg
Baked Potato	1 potato w/ skin	2.7 mg
Chickpeas	3/4 cup	2.4 mg
Blackstrap molasses	1 Tbsp	3.6 mg
Prune Juice	1 cup	3.2 mg
Dried Peaches	1/2 cup	1.6 mg
Dried Raisins	1/2 cup	1.4 mg
Dried Plums	1/2 cup	1.3 mg
Dried Apricots	1/2 cup	1.2 mg
Cashews	1/4 cup	1.7 mg
Almonds	1/4 cup	1.4 mg
Pistachios	1/4 cup	1.2 mg
Spinach, raw	1 cup	3.6 mg
Quinoa	1 cup	2.8 mg
Lentils (boiled)	1 cup	6.6 mg
Collard Greens	1 cup	2.2 mg
Dried Thyme	1 tsp	1.2 mg
Oatmeal	1/2 cup	1.7 mg
Potato	1 medium potato	3.2 mg
Sun Dried Tomato	1 cup	4.9 mg
Lima Beans	1 cup, cooked	4.5 mg

Kale	1 cup	1.1 mg
Dark Chocolate	100g	6.3 mg
Peas	1/2 cup	1.2 mg
Strawberries	1 pint	1.5 mg
Cooked Spinach	1 cup	6.4 mg

A few notes on being smart with your iron...

Heme iron is more easily absorbed than is non-heme iron. Heme iron is the type found in animal-based iron sources (meat). It is easily and readily absorbed into your system. Non-heme iron is not as easily absorbed. As a result, it is in your best interest to have regular portions of heme sources along with your non-heme varieties. If you are a vegetarian, you must absolutely ensure that you are erring on the high side of the iron you need daily (20-25 mg). Either way, you must take deliberate measures to ensure that you are getting enough iron not only in your diet, but actually absorbed into your system. Otherwise, you will simply “pee it out.” **Heme iron sources are in BOLD in the chart above...**

The following foods are Iron Absorption Enhancers. In other words, when you eat them together with a natural source of iron or an iron supplement, they help aid your body’s ability to effectively absorb the iron into your system. There’s no point in ingesting iron if your body cannot absorb it! So, here are foods you DEFINITELY want to pair with your meals to aid in iron absorption:

Meat/Fish/Poultry – these are also sources of the most potent form of iron (heme iron)

Acidic Fruits – Oranges/Orange Juice/Cantaloupe/Strawberries/Grapefruit/etc

Vegetables – Broccoli/Brussels Sprouts/Tomatoes/Tomato Juice/Potatoes/Green and Red Peppers/etc

ANYTHING WITH VITAMIN C! Always try to make sure you have an Iron Absorption Enhancer with your iron!!!

The following are Iron Absorption Inhibitors. In other words, when you have them together with a source of iron, they will either inhibit (limit) or prevent your body from absorbing the iron you ingested. Please be clearly aware of this, and avoid these foods at the same time as you try to stock up on iron in your diet! This includes any supplements you might be on. So, here is the list of foods to AVOID when you are trying to get your daily iron:

Coffee and Tea

Vegetables – Spinach/Chard/Beet Greens/Rhubarb/Sweet Potatoes (yes, spinach is a good source of iron, too, but that’s why it’s best to cook the spinach first – it unlocks much of the iron potential for it.)

Whole Grains and Bran

Isolated Soy Ingredients – Products made with soy flour and isolated soy protein concentrate