

Iron Content of Foods

Tips for adding iron into the diet...

- Iron from meat, fish, and poultry is better absorbed than iron from plants.
- Include a vitamin C source such as strawberries, oranges, or melon as a complex carb with your meal.
- Limit coffee and tea consumption as they inhibit the absorption of iron.

**Values are rounded to the closest 0.1 mg increment and may be averaged with similar foods in group.*

High Iron (more than 2 mg)		
Food	Serving	mg
Bagel, 4": onion, sesame, or poppyseed	1 each	5.4
Bagel, 4": egg or raisin	1 each	3.5
Beans, baked w/ pork	½ cup	4.5
Beans, kidney	½ cup	2.6
Beans, lima or navy	½ cup	2.3
Beans, white, canned	½ cup	3.9
Beef liver	3 oz.	5.2
Beef, ground	3 oz.	2.2
Beef, veal, or lamb	3 oz.	3
Biscuits, 4"	1 each	2.9
Cereal, 100% iron fortified bran or whole grain	½ cup	9-12
Cereal, other	½ cup	2-7
Chex mix	⅔ cup	7
Chicken liver	3 oz.	10.8
Chickpeas (Garbanzo)	½ cup	2.5
Clams	3 oz.	6.3
Clams, canned	3 oz.	23.8
Cream of wheat	½ cup	5.2
Dried peas, cooked	½ cup	2
Fish, sardines	3 oz.	2.5
Grits, instant, prepared	½ cup	7.1
Lentils	½ cup	3.5
Muffin, English or bran	1 ea	2.3
Oatmeal, instant, fortified	½ cup	5

Oysters	3 oz.	13.2
Pork	3 oz.	2.7
Pretzels	2 oz.	3.1
Seeds, pumpkin	1 oz.	4.2
Shrimp	3 oz.	2.6
Soy milk	1 cup	2.7
Soybeans	½ cup	4.4
Spinach: canned, cooked, or raw	½ cup cooked, 1 cup raw	3
Tofu, firm	½ cup	3.4
Tomato paste	½ cup	3.9
Veggie or soy burger	1 patty	2.9
Waffle, 4"	1 each	2.3

Moderate Iron (1-2 mg)		
Food	Serving	mg
Asparagus, canned	6 spears	2
Beans, baked, plain	½ cup	1.5
Beans: black, pinto or great northern	½ cup	1.8
Beans: kidney or garbanzo, canned	½ cup	1.6
Beets, canned	½ cup	1.5
Brussels sprouts	½ cup	1
Chicken, breast	3 oz.	1.1
Egg	1 large	1
Egg substitute, liquid	¼ cup	1.3
Figs, dried	5 each	2
Fish, tuna, canned	3 oz.	1.3
Fish, mackerel	3 oz.	1.3
Greens: collards or beet	½ cup	1.2-1.6

(fresh), turnip (frozen)		
Greens, Swiss chard	½ cup	2
Molasses	1 tbsp.	1.5
Mushrooms	½ cup	1.4
Noodles, egg, enriched	½ cup	1.2
Nuts: almonds or pistachios	¼ cup	1.3
Nuts: pine or cashews	1 oz.	1.6
Nuts: walnuts or mixed	1 oz.	1
Peas, green, frozen	½ cup	1.2
Pita, 4" round	1 each	1
Potato, baked with skin	1 medium	1.9
Prune juice	½ cup	1.5
Pumpkin, canned	½ cup	1.7
Roll: hamburger or hotdog	1 each	1.4
Sauerkraut, canned	½ cup	1.7
Seeds: sesame or sunflower	1 oz.	1.2
Spinach, frozen	½ cup	2.5
Sweet potato, baked w/ skin	1 medium	1.1
Tomato sauce	½ cup	1.3
Tomatoes, canned, sauce	½ cup	1.3
Tortilla, flour	1 each	1
Turkey, dark meat	3 oz.	2
Turkey, light meat	3 oz.	1.1
Wheat germ	2 tbsp.	1.2

Copyright American Dietetic Association. This handout may be duplicated for client education.

Low Iron (less than 1 mg)		
Food	Serving	mg
Beans, green or yellow	½ cup	0.6
Blackberries	½ cup	0.5
Bread, white or wheat	1 slice	0.7
Brussels sprouts	½ cup	0.9
Broccoli	½ cup	0.6
Carrots	½ cup	0.3
Cauliflower	½ cup	0.2
Cheese, ricotta	½ cup	0.5
Corn	1 ear or ½ cup	0.4
Corn meal	2 tbsp.	0.8
Cucumber w/ peel, raw	½ cup	0.1

Egg yolk	1 large	0.5
Eggplant	½ cup	0.2
Fish: perch, halibut, orange roughly	3 oz.	0.8-1.0
Greens: kale, mustard, dandelion	½ cup	0.5- 0.9
Grits, prepared	½ cup	0.7
Lettuce	1 cup	0.3
Milk, all kinds	1 cup	<0.1
Oatmeal	½ cup	0.9
Orange juice	½ cup	0.6
Pasta, spaghetti or macaroni, enriched	½ cup	0.9
Prunes	5 each	0.5

Raisins, seedless	¼ cup	0.7
Rice	½ cup	0.5
Tomato juice	½ cup	0.6
Tomato, fresh	1 medium	0.3
Tuna, canned	3 oz.	0.8
Watermelon	1/8 med	0.5
Zucchini, squash	½ cup	0.6
Fruit and vegetables not previously listed	1 each or ½ cup	<1
Baked products		
Dairy products and cheese not previously listed		

Source: U.S. Department of Agriculture, Agricultural Research Service. 2007. USDA National Nutrient Database for Standard Reference, Release 20. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>; accessed March 3, 2008.

Source: Nutrition Data.com: Nutrition Facts and Information, <http://www.nutritiondata.com>; accessed April 29, 2008.

Reference:

National Institutes of Health, Office of Dietary Supplement Dietary Supplement Fact Sheet: Iron, <http://dietary-supplements.info.nih.gov/factsheets/iron.asp>; accessed March 20, 2008.