

~ Rachel Winstedt, ND, LLC~

Licensed in Naturopathic Medicine & Natural Health Authority

FOOD SOURCES OF IRON

Food	Iron (milligrams)	Food	Iron (milligrams)
Meat (4 ounces)			
Liver	10.0	Beef	2.5
Clams	8.5 (cnd-5.0)	Chicken -White	1.5 (Dark -2.0)
Oysters	2.5	Turkey -White	1.3 (Dark -2.5)
Hamburgers	3.0		
Legumes (1 cup cooked)			
Black beans	7.9	Tofu	4.6
Garbanzos	6.9	Lima beans	3.7
Pintos	6.1	Lentils	4.2
Navy	5.1	Split peas	3.4
Soybeans	4.9	Fresh peas	2.9
Vegetables (1 cup cooked)			
Spinach	4.0	Kale	1.8
Beet greens	2.8	Acorn squash	1.7
Swiss chard	2.6	Brussels sprouts, 8	1.7
Tomato juice	2.2	Potatoes	1.4
Butternut squash	2.1	Beets	1.0
Fruit			
Prune juice (1 cup)	10.5	Dates, 10	2.4
Dried peach halves, 5	3.9	Prunes	1.8
Raisins, ½ cup	2.6	Strawberries, 1 cup	1.5

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Grains (¼ cup dry)			
Rice bran	4.8	Wheat bran or germ	1.9
Rice polishings	4.4	Wheat berries	1.6
Millet	3.9	Oatmeal or cornmeal	0.7
Seeds (¼ cup)			
Pumpkin seeds	4.0	Sunflower seeds	2.4
Miscellaneous			
Blackstrap molasses	3.2	Brewer's yeast, 1 tbs	1.4
Soy milk, 1 cup	1.8		

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