

IRON-RICH FOOD SOURCES

Daily Reference Guide

Heme Iron (Animal)

FOOD ITEM (3OZ / 85G)	IRON
Beef Liver	5.2mg
Oysters (Cooked)	4.5mg
Beef (Lean)	2.7mg
Sardines (Canned)	2.4mg
Turkey (Dark Meat)	1.4mg
Chicken (Dark Meat)	1.1mg

Non-Heme Iron (Plant)

FOOD ITEM (1/2 CUP)	IRON
Lentils (Cooked)	3.3mg
Spinach (Cooked)	3.2mg
Tofu (Firm)	3.0mg
Kidney Beans	2.6mg
Pumpkin Seeds (1oz)	2.5mg

FOOD ITEM (1/2 CUP)

IRON

Quinoa (Cooked)

1.4mg

Pro Tip: Pair non-heme iron sources with Vitamin C (Citrus, Bell Peppers, Broccoli) to significantly increase absorption. Avoid drinking coffee or tea during meals as tannins can inhibit iron uptake.