

IRON-RICH FOOD CHART

Daily Reference Guide for Heme and Non-Heme Sources

Animal-Based (Heme)

| Food Item (3oz/85g) | mg |
|----------------------------|-------------|
| Clams/Mussels | 23.8 |
| Beef Liver | 5.2 |
| Oysters (Cooked) | 4.5 |
| Beef (Lean) | 3.1 |
| Sardines (Canned) | 2.7 |
| Turkey (Dark Meat) | 1.4 |
| Chicken Breast | 1.1 |

Plant-Based (Non-Heme)

| Food Item (1/2 cup) | mg |
|----------------------------|-------------|
| Fortified Cereal | 18.0 |
| White Beans | 3.9 |
| Lentils (Cooked) | 3.3 |
| Spinach (Cooked) | 3.2 |
| Tofu (Firm) | 3.0 |
| Pumpkin Seeds (1oz) | 2.5 |

Food Item (1/2 cup)

mg

Dark Chocolate (1oz)

2.3

Absorption Tips:

- Pair non-heme sources with **Vitamin C** (citrus, bell peppers, strawberries) to increase absorption.
- Avoid drinking **tea or coffee** during meals, as tannins can inhibit iron uptake.
- Cooking in a **cast-iron skillet** can add small amounts of iron to your food.