

IRON RICH FOOD SOURCES

Daily Nutritional Reference Chart

HEME IRON (ANIMAL)

Food Item (3oz/100g)	Iron (mg)
Beef Liver	6.5
Oysters (Cooked)	5.7
Beef (Lean)	3.1
Sardines (Canned)	2.9
Turkey (Dark Meat)	1.4
Chicken (Dark Meat)	1.1

NON-HEME IRON (PLANT)

Food Item (1/2 Cup)	Iron (mg)
Lentils (Cooked)	3.3
Spinach (Cooked)	3.2
Tofu (Firm)	3.0
Kidney Beans	2.6
Pumpkin Seeds (1oz)	2.5
Quinoa (Cooked)	1.4

Absorption Tips:

⚡ **Boost:** Consume with Vitamin C (Citrus, Peppers, Broccoli) to increase absorption.

⚡ **Avoid:** Coffee, tea, and calcium-rich foods should be consumed 1 hour before or after iron intake.

⚡ **Cookware:** Using a cast-iron skillet can increase the iron content of your meals.

Reference: USDA FoodData Central | Recommended Daily Allowance (RDA) varies by age and gender.