

IRON-RICH FOOD SOURCES

Daily Reference Guide for Heme and Non-Heme Iron

Animal-Based (Heme)

Food Item (3oz / 85g)	Iron (mg)
Clams / Mollusks	24.0
Beef Liver	5.2
Beef (Lean)	2.5
Sardines	2.4
Turkey (Dark Meat)	2.0
Chicken Liver	1.0

Plant-Based (Non-Heme)

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 Tip: Pair non-heme (plant) iron sources with **Vitamin C** (citrus, bell peppers, strawberries) to significantly increase absorption. Avoid drinking tea or coffee during meals as tannins can inhibit iron uptake.