

IRON RICH FOOD SOURCES

Daily Reference Guide

Heme Iron (Animal Based)

Food (3oz/85g)	Iron
Beef Liver	5.2 mg
Oysters (Cooked)	4.5 mg
Beef (Lean)	2.1 mg
Turkey (Dark Meat)	1.4 mg
Chicken (Thigh)	1.1 mg
Tuna	0.7 mg

Non-Heme Iron (Plant Based)

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

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