

HEME IRON SOURCES

Bioavailable Iron Guide for Anemia Management

FOOD ITEM	SERVING SIZE	IRON (MG)
Organ Meats		
Beef Liver (Pan-fried)	3 oz	5.2
Chicken Liver (Simmered)	3 oz	11.0
Red Meats		
Beef Chuck Roast	3 oz	3.2
Ground Beef (95% lean)	3 oz	2.2
Lamb Chop	3 oz	2.1
Seafood		
Clams (Canned)	3 oz	23.8
Oysters (Cooked)	3 oz	8.0
Mussels	3 oz	5.7

FOOD ITEM	SERVING SIZE	IRON (MG)
Sardines (Canned)	3 oz	2.5
Poultry & Other		
Turkey (Dark Meat)	3 oz	2.0
Chicken Leg (Roasted)	3 oz	1.1
Egg (Large)	1 whole	0.6

Note: Heme iron is found in animal products and is absorbed more efficiently by the body than non-heme iron. Consult with a medical professional for personalized dietary advice regarding anemia.