

# HIGH IRON PLANT-BASED FOODS

Daily Reference Guide for Fruits & Vegetables

<b>Item</b>	<b>Iron (mg)</b>
Spinach	6.4
Swiss Chard	4.0
Beet Greens	2.9
Brussels Sprouts	1.9
Kale	1.2
Broccoli	1.1

<b>Item</b>	<b>Iron (mg)</b>
Dried Apricots (1/2c)	3.5
Prune Juice	3.0
Raisins (1/2c)	2.6
Mulberries	2.6
Currants	2.1
Dates (5 units)	1.1

*Tip: Pair these foods with Vitamin C (citrus, peppers, tomatoes) to increase non-heme iron absorption.*