

IRON RICH FOOD SOURCES

Target: 18mg/day (Female Athletes) | 8mg/day (Male Athletes) Focus: Bioavailability & Performance

Food Item	Serving Size	Iron (mg)
Heme Iron (High Absorption)		
Clams/Mussels (Canned)	3 oz	23.8
Beef Liver	3 oz	5.2
Beef (Lean Steak)	3 oz	2.1
Chicken (Dark Meat)	3 oz	1.1
Non-Heme Iron (Plant-Based)		
Fortified Breakfast Cereal	1 cup	18.0
White Beans (Cooked)	1 cup	6.6
Lentils (Cooked)	1 cup	6.6

Food Item	Serving Size	Iron (mg)
Spinach (Cooked)	1/2 cup	3.2
Pumpkin Seeds	1 oz	2.5
Quinoa (Cooked)	1 cup	2.8

Athlete Performance Tips:

- **Boost:** Pair non-heme sources (beans, greens) with Vitamin C (citrus, peppers) to triple absorption.
- **Block:** Avoid drinking coffee or tea within 1 hour of high-iron meals (tannins inhibit absorption).
- **Timing:** Consume iron-rich meals at least 2 hours before or after intense exercise to avoid inflammation interference.