

IRON RICH FOOD SOURCES

Daily Reference Guide for Iron Deficiency Management

Heme Iron (Animal Based)

Food Item (3oz/100g)	Iron (mg)
Beef Liver	6.5
Oysters	5.7
Beef (Chuck Roast)	3.2
Sardines (Canned)	2.9
Turkey (Dark Meat)	1.4
Chicken Leg	1.3

Non-Heme Iron (Plant Based)

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 Tips:

- **Pair with Vitamin C:** Consume citrus, bell peppers, or strawberries with meals to increase absorption.
- **Avoid Inhibitors:** Wait 1 hour before or after meals to consume coffee, tea, or calcium-rich dairy.
- **Cookware:** Using a cast-iron skillet can increase the iron content of acidic foods.